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MOTHER AND CHILD;

THEIR

COMFORT AND CARE.

A BOOK FOR EVERY WOMAN.

BY

ALICE C. WOOD, B.S., M.D.

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TO MY MOTHER

TO WHOM I OWE MY ALL, WHOSE CHRISTIAN VIRTUES
AND UPRIGHT LIFE I FAIN WOULD
EMULATE, THIS BOOK IS
AFFECTIONATELY DEDICATED
BY
THE AUTHOR.

PREFACE.

LITTLE need be said in regard to the object of this book. It is simply what the title indicates—the Comfort and Care of Mother and Child, both pre- and post-natal.

We have aimed at brevity and think we have succeeded in packing the greatest amount of ideas in few words. It presents its thoughts and facts clearly. We seek to be understood, to reach the head, probe the heart and improve the generations that are yet unborn. We feel that knowledge should be the right of the masses rather than the privilege of the few.

We have made no attempt to exhaust the subject, technicalities have been avoided and expressions given in plain English.

We hope to teach the mother those things which most interest her and her offspring.

If we, as physicians, were paid for teaching people what we are for drugging them, the annual mortality of this country would be decreased by half a million.

The busy physician is so often asked by the prospective mother, "What shall I do that I may have

an easy labor, a healthy, well-formed child, and what kind and how many garments shall I prepare?" We hope to have answered these queries to so inform our readers that the cherished cherub may expand in bloom amid the sunshine of domestic joy.

If these few pages will lend a helping hand they will have done their appointed work and amply repaid the one who sent them forth.

ALICE C. WOOD.

CHICAGO, Ill., March 1, 1894.

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MOTHER AND CHILD.

CHAPTER I.

MOTHERHOOD.

SECTION I.

Motherhood is earth's holiest shrine. The relations of mother and child have no superiors; and only when we are able to count the sands upon the seashore will we be able to estimate a mother's mission.

The magnitude of motherhood no human mind can conceive.

There is no position, no honor, ever lavished on woman, equal to this her maternal mission.

She is earth's queen who produces the highest order of children.

The sweetest, softest notes ever struck upon an Æolian harp are not half so sweet, as they fall upon the ear, as the word *mother*.

Raphael, the prince of painters, once said, "The only painting he could not produce with perfect satisfaction was that of a mother as she gazed upon her first-born."

Ought not she who is soon to become a mother be treated with tenderness and veneration, both by men and women, provided, of course, she does not arrogate

to herself such care and attention that all near her are made unhappy and slaves to her caprices.

She who waits her crown of motherhood with patience and dignity, will receive when that tiny babe is placed in her arms, such a thrill of unspeakable joy that comes only to a mother.

The prospective mother, especially if she be young and it be her first child, will be anxious and well-nigh overwhelmed with gnawing apprehensions.

Chide her not, laugh not at her queries, but kindly, intelligently instruct her, that she may approach this trial with vigor, unsapped by frightful forebodings.

Oh! mother, think not of the shadows but enjoy the blessedness of a sweet anticipation.

Nature acts beautifully and well; if clouds darken your matrimonial sky, remember this tiny cherub which comes to your home may make bright your pathway, may be the Gilead balm which will aid you to bear that which seemed well-nigh impossible.

As heaven would not be perfect without the babes, neither would our earthly homes, and as the propagation of our kind is the weapon that "shall bruise the serpent's head," we hope in the succeeding pages to so instruct you that this Holy office will be filled with the grace and dignity of a queen.

PAINLESS CHILDBIRTH.

SECTION II.

"Our remedies oft in ourselves do lie."—Shaks.

In sorrow shalt thou bring forth children is thought by many to be a curse stamped by the Divine upon

all women. How unlike God's dealings. And if it were true that God had indeed issued this mandate, how is it that some women go down to the very shores of death, suffer untold anguish for hours, while the labor of other women is so easy and comparatively painless.

Justice underlies and permeates all His works and the fault is with us; but for the fear attendant upon child-bearing, many more women would bear, and those who do bear would bear it more willingly.

Childbirth without a pain may be impossible, but the pains should be slight. Suffering is contrary to nature's laws and is caused by one's mode of living. This is most clearly proven from the fact that among the lower classes, there is little pain. She who pays homage to fashion, inflicts upon herself suffering. It is acceded that no women on earth suffer in child-birth as our American women.

The Russian peasant women frequently drive the cattle to the hills in the morning and return in the evening with a new-born babe in their aprons.

Nature is the squaw's midwife. The women are delivered alone in a private cabin. Immediately afterward bathe themselves and return to their labors.

It is reported that the Asaucanian Indian mother, on her delivery, takes her child, goes to the nearest stream, bathes herself and it and returns to the station.

The negresses usually have easy labor, and would rather have a child than have a tooth extracted.

In the city of Philadelphia, some two years ago, an Italian woman walking along the street was suddenly

in labor, ere a conveyance could be procured she gave birth, upon a door-step, to a large and healthy boy.

During the late war, in one of the southern cities, a negress was at a tub washing, a man well known chatted with her for a few minutes, when he left and was gone for just fifteen minutes. When he returned the woman was absent and her husband was at the tub. The colonel paused for a moment to speak to the husband and the wife returned to finish the washing having, in the meantime, given birth to a child.

Why is it that the German, Irish, Indian and peasant women have so easy a time in labor, while our own beloved American women suffer untold agony. It is because their mode of living renders them delicate, fragile and incapable of endurance. She who by devotion to fashion relaxes and disorders the muscles employed in child-birth will suffer, while on the other hand, the woman who obeys nature's laws will come down to child-bearing, treating it as a luxury.

Be womanly, be natural. Muscles alone effect delivery, hence the better they are the easier the labor. If the pelvis is normal, *no* woman need suffer the dreaded agonies of childbirth.

Sedentary habits, want of fresh air, excessive warmth in coal-heated rooms, imperfect circulation and digestion, late hours, bad eating, idleness and loading the hips with surplus clothes, disorders the muscles and aggravates the pain and danger of childbirth. Women are too sedate, prim and inert. Snap the bands of

fashionable restraint; be womanly, but not old beyond your years.

Many women have been instructed that by eating food having little or no bone-forming materials, they can aid in easy delivery. This is absurd. Human science has clearly demonstrated that nature must and will have proportion. Imagine if you can almost boneless infants. This is just as much without reason as a contractor building an elaborate house upon a poor, weak foundation. Nature manufactures no surplus material and must have as much bone as muscle and brain or she will not work.

Bone material must be supplied, nature will not use nervous, fibrous, or any other in its stead, for she works by law and not by chance. Prospective mothers, eat for the perfect development of your child, for you should give to your protege whatever and all material needed for the perfect development of its organic machinery, and you will be the stronger. The production of boneless children was first advanced in 1839, by a Mrs. Pendleton, and has since been advocated by some few who have laid reason aside for the advancement of their theory. Investigation proves that women who have tried this experiment and neglected the other offices, have been most bitterly disappointed by a severe labor and a child of perfect bone.

What women need is abdominal development. Irrational dress, indolent habits of life render the muscles about the loins, abdomen, waist, and chest

flabby. Every woman should be able to raise her knee to her chest, or her foot to her outstretched hand. Easy or difficult labor is almost entirely the work of the mother, her mode of living before and during the period of gestation is most influential in the result. Easy childbirth is not impossible, and women should lay aside all prejudices, and prove that by right living, childbirth can be robbed of its suffering. Six years ago a woman of this city gave birth to a little girl of only seven and one-half pounds. Her labor was intensely severe, lasting for over forty-eight hours, and her recovery was slow and tedious. Two years after, she came to labor and suffered the same agonies, after which she concluded there was some trouble with herself. Consulting her physician, she was advised to reform her mode of living, which she did, and last September was driving with her husband when she told him to hasten home, and although only one block from her home, she barely reached her room ere the wail of an infant was heard. When questioned regarding her pain, she replied, "Doctor, I only had two little mean pains."

Health diminishes the pains, and feebleness aggravate the pains of delivery. Obey the laws of physiology, live right and you will discover that parturition is comparatively void of pain and suffering.

CHAPTER II.

CONCEPTION.

The reproductive organs of woman consist of the ovaries, the ovi-ducts, the uterus or womb, the vagina and the mammary glands.

The *ovaries* are two almond-shaped bodies about one and one-half inches long, three-fourths broad, and one-half inch in thickness. They are situated on either side of the uterus about two and one-half inches distant from it, and are attached to it by muscular bands.

They are the essential organs of generation as they provide the germ which is made fruitful by union with the male germ or spermatazoid.

It is estimated each ovary contains thirty-six thousand ovas or eggs.

Every four weeks during a womans' child-bearing period one of these ovas or eggs mature. Separating itself from its environments it is conveyed by the ovi-ducts to the uterus and finally discharged.

The *ovi-ducts*, or *Fallopian tubes*, are about three and one-half inches in length, are trumpet-shaped, and extend from the upper angles of the uterus to the ovaries.

Their office is to convey the ova from the ovaries to

the uterus, as well as transmit the germ or fecundating principle of the male.

The *uterus* is a pear-shaped body about two and one-half inches in length, one and one-half inches in breadth at its widest part, and three-fourth of an inch in thickness. It is situated between the bladder and rectum.

It has a cavity which is conical in shape, with three openings.

At the top, or fundus, the ovi-ducts enter, one on each side.

The lower portion or neck enters in the vagina and is called the os uteri, or mouth of the womb; this lower opening is about one-eighth of an inch in diameter.

The uterus is held in place by ligaments or muscular bands, which also envelop the ovaries and ovi-ducts.

The *vagina* is a cylindrical tube or passage into which the neck of the uterus enters at its upper end. It is about three and one-half inches in length. It serves as a passage for the menstrual flow, for the child at birth and for the reception of the male organ in copulation.

Conception or *fecundation* are terms which imply fruitful contact of the male and female element so that a new organism comes into existence.

Where this takes place is a matter of much speculation; that it does not occur in the uterus, is an established fact, hence it must occur somewhere in the ovi-ducts or the ovaries.

Our knowledge is chiefly gathered from experimentation with rabbits, and when we consider the size of the female and male element, it is not to be wondered at that our knowledge is largely theoretical.

The impregnating element of the male is called *semen*. It is a thick, whitish, albuminous fluid—resembling the white of a hens' egg.

Under a powerful magnifying glass it is seen to contain little oval flattened bodies, resembling a "tad pole." They are about one six-hundredth of an inch in length and are called spermatozoa. They have a worm-like motion and travel, it is estimated, an *inch* in seven and a half minutes.

Our knowledge of the process of fecundation is limited, the fact only being known that the spermatozoa coming in contact with the female ova or egg, they unite, the spermatozoa dissolving in the female ova, and thus begins a human soul.

The process of the development of this being in utero is a complicated one, and I will not bore you with its details, suffice it to say that the condition of the child depends upon the condition of the mother, as she is the only source of nourishment.

THE FIRST MONTH.

The first week of pregnancy the product of conception is nothing more than a gelatinous mass, grayish in color and to the naked eye presenting no definite trace of either head or extremities.

The entire mass measures but one-fourth of an inch while the embryo is but one-twelfth of an inch, but during the next week they double in dimensions.

Thus the development goes on, so that at the close of the month the ovum is the size of a pigeon's egg. The embryo is about three-fourths of an inch in length.

SECOND MONTH.

At eight weeks the ovum is about the size of a hen's egg. The embryo about two-thirds of an inch long, the external generative organs are visible.

THIRD MONTH.

The embryo measures from two and a half to three and a half inches in length. The forearm is well formed and the fingers discernable. The head is large and the eyes are prominent. The nails on fingers and toes begin to develop.

FOURTH MONTH.

The fœtus is about five inches long and weighs as many ounces. Its sex is more distinct; movements are visible. Hair begins to appear on the scalp and if born at this period may live two or three hours.

FIFTH MONTH.

The fœtal weight has increased to ten ounces and its length to about nine inches. Fine hair appears over the whole body. Fœtal movements can be felt by the mother. If born it can live but a few hours.

SIXTH MONTH.

Its weight is about twenty-four ounces. Its length about eleven inches. Hair is quite abundant. If born it breaths freely, but lives only a short time—except in *rare instances.*

SEVENTH MONTH.

Its weight from three to four pounds. Length from fourteen to fifteen inches. The skin is wrinkled and

red in color, and covered with a whitish substance called vernix caseosa. If born at this period the child is able to breathe and cry and nurse and may live if properly cared for.

EIGHTH MONTH.

Weight from four to five pounds, sixteen to eighteen inches in lengfh. The development is rather in thickness than in length.

The nails are nearly perfect, and if born the child is more liable to live than at seven months. There is a superstition that a child born at this period never lives. I have known several to live and be healthy robust children.

NINTH MONTH OR AT TERM.

At the end of pregnancy the fœtus weighs on an average of six and a half to seven pounds.

Out of three thousand children delivered by Cazeaux but one reached ten pounds.

Out of four thousand delivered at La Maternite, *only one* weighed twelve pounds.

Hence we can readily see that there is an unconscious tendency on the part of mother and friends to exaggerate the weight of children. For, according to their statistics, every child weighs from ten to fifteen pounds.

Perhaps the largest child born in this country was that of Mrs. Captain Bates—the Nova Scotia giantess. Its weight is said to have been twenty-four pounds.

Children have been born and lived who only weighed one pound. Males average weight is greater than that of females.

CHAPTER III.

PREGNANCY—SIGNS AND SYMPTOMS.

Pregnancy, or fruitfulness, is the state between the periods of conception and delivery.

As a rule, it occurs only in women after the period menstruation has commenced and ends at the *climacteric*, or when the woman ceases to menstruate. Although cases are on record wherein young women have conceived before the menstrual function had been established. And again, impregnation has occurred during lactation and suspension of menstruation.

Signs of pregnancy are divided into presumptive and positive.

Presumptive.—Cessation of menses, morning sickness (nausea and vomiting), enlargement of abdomen, and enlargement of the breasts.

In women who have always menstruated regularly, cessation of the menses, it is true, may ordinarily be considered a sign that conception has taken place.

Yet suppression may be the result of cold, of inflammation, of uterine trouble and other diseases.

It frequently occurs that women menstruate for the first two or three months after conception has taken place, and a few cases are reported where they menstruated regularly through the whole period of gestation.

Morning sickness—nausea and perhaps vomiting;

while this may be considered a rational sign, yet it may occur from other causes, and it must be taken in conjunction with the other symptoms, ere it can be considered reliable.

Enlargement of the abdomen is not in itself a sure sign of pregnancy. Although a gradual increase of the abdomen is a strong indication of pregnancy, there are often diseases that cause it.

Enlargements of the breasts cannot be taken as a positive sign, as they may occur from sympathy with some uterine trouble.

Although it is true that about two months after conception has occurred, the breasts enlarge and oftimes become the seat of slight pains and prickling sensations, the nipples also enlarge and become darker, the areola, or ring around the nipple, spreads in circumference and assumes a darker color.

The *positive* signs are: Quickening and fœtal heart-beat.

"Quickening" is the common term by which is generally meant the first knowledge the mother has of the child's moving.

This first movement, however, is not the beginning of life, but simply the beginning of muscular action.

The period in which this occurs is between the eighteenth and twentieth week, but it may be felt earlier or later.

FŒTAL HEART-BEAT.

Fœtal heart-beat is a positive sign that pregnancy exists. In sound, it resembles the ticking of a watch when placed beneath a pillow.

It is also claimed that the sex in utero can be determined by the rapidity of these sounds, those of the female being more rapid than the male. The following table may be considered reliable:

From 110 to 125 almost certainly male.
From 125 to 130 probably male.
From 130 to 135 doubtful—chances male.
From 135 to 140 doubtful—chances female.
From 140 to 145 probably female.
From 145 to 170 positively female.

As has been stated the duration of pregnancy is about two hundred and eighty days.

The table on the opposite page will aid you to determine when labor will occur.

If it is impossible to establish the date of the last menstrual flow, and the time when quickening was first felt can be recalled by the woman, the proximate date of delivery may be obtained by adding twenty-two weeks.

TABLE FOR APPROXIMATING DATE OF CONFINEMENT—WHEN DATE OF LAST MENSTRUATION GIVEN.

Jan.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Oct.	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	Nov.
Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				
Nov.	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5				Dec.
Mar.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Dec.	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5		Jan.
April	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Jan.	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4		Feb.
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Feb.	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1	2	3	4	5	6	7	Mar.
June	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Mar.	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6		April
July	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
April	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	May
Aug.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
May	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	June
Sept.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
June	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7		July
Oct.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
July.	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	Aug.
Nov.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Aug.	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6		Sept.
Dec.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Sept.	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	Oct.

DIRECTIONS.—Find in the upper horizontal line the date on which the last menstruation ceased, the figure beneath gives the date of expected confinement. Example, if menstruation ceased on January 1st, confinement would occur October 8th.

CHAPTER IV.

DISEASES OF PREGNANCY.

Nature has provided that pregnancy should not be a source of disease; but ignorance, false modesty, fashion, previously-acquired womb troubles, errors of regimen and diet, bad training in girlhood and weak constitution often lay the foundations of serious troubles during pregnancy.

I shall discuss the diseases of pregnancy separately, and suggest means to avoid and to alleviate them.

Mental Disorders.—Mental disturbances during this period are extremely serious.

Most serious consequences have been produced by an overwrought imagination.

It is important for the mother's well-being, as well as that of the coming child, that all mental illusions be conquered. Ofttimes this can be done by gentle reasoning and moral suasion.

The husband should remember the trial she must undergo to give him the delight of parentage. It should be his highest pleasure to calm her fears, to soothe her irritations, and when the hour comes and she lies prostrate, he will thank God he has been kind to her. Invite some congenial friends to your home, introduce games and moderate gayety, take her to a lecture, a concert, a drama. If necessary, change

of scene, short easy journeys to favorite spots, but if after these efforts to "rob the mind of dark shadows" the mental depression still exist, consult your physician, as serious results may occur unless this state is overcome.

Disorders of the Stomach.—As previously mentioned nausea and morning sickness is a concomitant symptom of pregnancy. It may occur immediately after conception, but it more frequently commences after the second or third week. It may continue for three or four months, generally not beyond the third.

It may continue through the whole period, but generally it only reappears after the eight month and ceases when the uterus descends in the abdomen, which is about two weeks before confinement.

The frequency and intensity of the vomiting varies in different persons.

Some vomit only in the morning before eating, others after eating; to some the smell of food will provoke vomiting.

There are those who make all the efforts of vomiting without being able to do so. In cases where the straining is severe, the shock may be communicated to the lower part of the abdomen, causing intense pain, which, if the patient will remain quiet for a few minutes, will pass away.

It is caused in some by their great nervous susceptibility, constitutional disturbances, a reckless disregard of the laws of digestion, devotion to the baneful fashion of small waists, want of exercise, etc.

Treatment.—Let the diet be plain and light with plenty of acid fruits, avoid fats and sweets.

Don't force the appetite, let hunger demand food. The juice of lemons and other acid fruits will greatly assist in assimilating any excess of nutriment, dilute them so as to render them pleasant to the taste.

Hot fomentations placed upon the stomach will allay vomiting, or a hot enema.

A few mouthfuls of pulverized ice swallowed quickly, will relieve.

Champagne has been known to relieve the most distressing cases where all other treatment failed.

Vomiting in the latter stages is caused by the enlarged uterus upon the stomach.

Derangement of Appetite.—The same sympathetic relation existing between uterus and stomach, which causes vomiting, will cause want of appetite, water-brash, indigestion, aversion to food, and that capricious appetite for coffee, chalk, starch, slate and many other absurd things.

The appetite may become excessive and even voracious, but this indicates a diseased stomach. It is a serious mistake to attempt to satisfy this greediness under the supposition that the mother must eat for two, nature from the beginning stops a great drain.

A good appetite should be satisfied, but a voracious one should be allayed by light food in small quantities taken often.

In loss of appetite it is useless to force the patient to eat. The appetite should be tempted; take beef

juice, calf's-foot jellies, eggs, cream, etc., in small quantities.

Keep in the open air and take gentle exercise.

For water-brash, Vichy water, or water acidulated with lemon juice, will be found very useful.

DIET.—This should consist of wholesome articles, such as beef, mutton, lamb, fowl, game, etc.

No ices should be taken on a full stomach, as heat acts an important part in digestion. Tea and coffee should be used moderately.

CONSTIPATION.—Is a disorder that usually accompanies pregnancy. Women who were never before of a costive habit may become so now. Every person should have a free, soluble evacuation every day, and during pregnancy not a single day should constipation be allowed.

It may be due to the increased action of the womb; partly to the mechanical pressure which the womb in its enlarged condition has upon the rectum, or errors in diet, overtaxed brains, want of exercise, use of cathartics and errors in dress.

Treatment.—Ascertain the cause and remove it.

Observe the law of regularity.

Go to stool regularly.

With some a glass of cold water, drank before breakfast and on retiring, will suffice.

If necessary take an enema.

Some will find relief by eating an apple or an orange before breakfast.

Do not take a cathartic without the advise of your physician. If one can take it, a tablespoonful of caster oil, will prove a mild and efficacious purgative. It can be taken if put in coffee or lemon juice.

Diarrhœa.—This is often the sequence of constipation; if it does not last more than a day or two, do not interfere; if it be obstinate, it must receive attention.

Treatment.—Remain quiet, avoid acid fruits, coarse food and vegetables.

A hot-water enema.

Flatulence and Colic.—The former is usually the cause of the latter.

Wind-colic, as it is commonly called, will often cause the most intense agony.

Weak digestion and constipation give rise to it.

Treatment.—The diet should be of the most digestible kind, and the food well masticated.

Acid fruits and vegetables increase it. Eat moderately, rather often and little at a time.

A glass of warm water or a warm enema will relieve.

Toothache.—During the early months of pregnancy, most women are troubled by this dreadful bugbear. If diseased, a dentist should be consulted.

We do not advise the pulling of teeth during this state.

Liver-Spots.—Often during pregnancy brown,

dingy stains appear on the cheeks and forehead which greatly disfigure and annoy the patient.

They are purely pigmentary and can be removed by external treatment.

Subcarbonate of soda, one drachm, to one ounce of simple cerate, and this applied to the spots on going to bed, and washed off in the morning, will be found all that is necessary.

JAUNDICE.—This may be caused by a cold, congestion of the liver, mental emotions, and during the latter months of pregnancy from pressure of the womb obstructing the bile-ducts.

Jaundice will produce nausea and malaise. The skin assumes a greenish-yellow hue, and it is also perceptible in the white of the eye.

The face may become a clayish color; and the urine ofttimes becomes so dark that it frightens the patient.

Treatment.—Champagne, one tablespoonful taken several times a day, will allay the nausea.

If there is any complications, consult your physician.

PRURITUS (Itching).—This is a most distressing and troublesome disease, affecting not only females during pregnancy, but those of all ages. It may be so severe as to deprive the sufferer of any sleep or rest. It occurs ofttimes without any known cause. Want of cleanliness will cause it, and during pregnancy, it may be due to some discharges from the vagina of an acrid nature.

Treatment.—The parts should be washed two or three times a day in warm water, to which a few drops of carbolic acid has been added. Cloths wet in borax water and applied will relieve.

An injection of warm water to which has been added one teaspoonful of hydrastis will relieve when all else fails.

Or another lotion prepared as follows and applied upon absorbent cotton:

Tincture Lobelia	
Tincture Benzoin, aa	dr. ij.
Alcohol	
Glycerine, aa	oz. j.

Add the benzoin last.

Leucorrhœa.—A milky, greenish, watery discharge, usually the result of some inflammation.

It is not a disease, but a symptom, usually overcome by an injection of warm water to which has been added a few drops of carbolic acid.

One of the best remedial agents is to saturate cotton with boro-glycerine and this placed in the vagina every four hours.

Palpitation of the Heart.—Women of nervous temperments, and those who are weak, are most liable to this.

The principal causes are mental disturbances, disordered stomach and bowels, and the motion of the child.

Although extremely distressing, it is rarely dangerous.

The cause should be ascertained; if induced by indigestion, sour stomach, etc., the diet should be attended to.

Treatment.—If a recumbent position is taken, it will subside.

Smelling salts of ammonia, or a teaspoonful of brandy will relieve.

Hæmorrhoids (Piles).—They are caused, in pregnancy, by pressure upon the rectum.

Treatment.—Hot water enema, or a cold compress. Or the following applied externally:

Fl. Ex. Hamameli's	dr. ij.
Linseed oil	oz. ij.

M. Sig.—Apply two or three times a day.

Swelling of the Limbs.—Caused by a sluggish circulation, can usually be overcome by bathing the limbs in cold water.

Insomnia (Sleeplessness).—This is the result of reflex nervous action from stomach or uterus.

The mind should be diverted by counting, planning for the future, etc.

Bathe the feet and legs in warm water, and apply sponge or towel, wet in cold water, to the nape of neck.

Headache.—Principal causes are uterine inflammation, or derangement in digestion, or both.

A hot sitz-bath and hot fomentations applied to the back of the neck, with carefulness in diet, will relieve, no matter what the cause.

Varicose Veins.—An enlargement of the veins, in appearance like knotted cord, is what is termed varicose; caused in pregnancy by the womb pressing on the trunk of the large veins, thereby impeding the flow of the venous blood upward.

Treatment.—Place a teaspoonful of the tincture of Hamamelis in one pint of warm water. Bathe the limbs with this solution night and morning.

If possible have an india-rubber stocking, but if this is impossible bandage the limb from the toe upward beyond the seat of difficulty.

CHAPTER V.

HYGIENE OF PREGNANCY.

Knowing that much of baby's fate, more especially the state of nerve and brain, depends upon the condition of the mother previous to its birth and to the year that follows, if it depends upon her for sustinance, hence it is of vital importance that you so govern yourself that your offspring should be mentally and physically all that constitutes a perfect being. Do not at this time allow any pride in your appearance to govern you that will result in any malformation of your child. We do not advise a careless, untidy appearance; your clothing should be adapted to your changing figure.

Women during this period can be most facinating in appearance and yet be most comfortably attired.

The dress should cause no restriction to respiration, no interference to digestion, no obstruction to circulation, and there should be no interference to the development and elevation of the uterus. Tight-lacing is a *curse* to womankind and robs motherhood of its divinest joys.

Women through pride and ignorance make the two hundred and eighty days of pregnancy those of disease and suffering, the time one long nightmare of dire forebodings, and childbirth looked upon as a curse and not a blessing. Any garment which causes undue pressure to the abdominal walls, is liable to cause dangerous confinement and slow recoveries, and, as a result, have an abdominal deformity which the most skillful bandaging cannot obliterate. I do not advise the wearing of corsets, not even the "so-called pregnancy corsets." However loose they may be they compress the breasts, press upon the diaphragm, displace the intestines, compress the liver and stomach, and this causes endless discomfort. I would, however, advise the wearing of an abdominal support.

We consider the Bates waist the most practical, it is a perfect substitute for corset and corset cover, from it all the other garments can be suspended.

No garters should be worn fastened around the limbs as their pressure upon the bloodvessels may cause varicose veins. The proper and safe thing to do is to suspend them from the waist, or pin with safety-pins to the drawers.

Regarding the *shoes* we would advise the "common sense," as in these the soles are as wide as the upper, therefore cause no undue pressure upon the nerves and bloodvessels, thereby affording comfort and safety.

Bathing.—Frequent bathing during pregnancy is of great value.

The process of nutrition and waste are more active in the pregnant women. Consequently she can bathe with advantage more frequently.

Sponge or Towel Bath.—This gives life and vitality and should consume not more than two minutes, and should be taken immediately after rising in the morning. The colder the water the better; at first bathe only the upper part of the body, later you can venture upon the whole surface.

This should be followed by deep respirations and brisk rubbing. If after repeated trials you are uncomfortable after its use, it is conclusive you cannot stand it, and should abolish its use.

Sitz-Bath.—This is one of the most desirable. When one has not a regular tub, an ordinary washtub can be made to answer by elevating one side of it on a block of wood. The temperature of the water should be about 90° F., gradually lowering the temperature till during the latter months it reaches 60° F. Place upon the back of the neck a sponge or napkin wrung from cold water.

The best time for taking this bath is between ten and twelve o'clock in the morning.

Remain in it about eight minutes. It is well to rest for half an hour after. If this cannot be taken in the morning it would be well to defer the bath, taking it just before retiring; without rest, more than half of its value is lost.

You should take one of these baths every day.

It will ofttimes be found a panacea for insomnia, nausea, nervousness, etc.

Turkish Bath.—In the use of this, it is claimed by many, that they have obtained most excellent results, however we would advise and perfer the sitz-bath.

Sea Bathing.—For all those who are so situated we would advise a sea bath, we have known most beneficial results therefrom.

They should be taken when the sea is calm and warm and never last more than five minutes.

Exercise.—Since motion is a law of nature we cannot too strongly advocate moderate exercise for the pregnant woman; passive exercise is not sufficient, it must be active, but moderately so.

Violent exercise, such as rowing, horseback riding, dancing or difficult games, should not be indulged in.

The pregnant woman should go out daily, either on foot or in carriage, to remain in close, heated rooms will bring disease; without exercise the food cannot assimilate, the muscles loose their tone and power, the nervous system becomes prostrated.

The time passed out-of-doors should be for diversion and exercise, and care should be taken that it be not prolonged to cause fatigue.

Journeys should not be taken; when traveling is desired or demanded, let the departure and return be made to correspond with the meantime between two menstrual epochs.

Journeys are particularly dangerous during early pregnancy and should only be permitted between four and a half or fifth months and the seventh and a half month.

There is no better exercise than the light duties around the house. Housework calls into play every set of muscles.

The pregnant woman should be as active as possible and allow no simple feeling of lassitude or disinclination to lead her into habits of invalids.

DIET.—Proper food during pregnancy will not only give health and strength to the mother, but will aid in the normal development and give life and health to the child.

All foods taken should be those needed to build up the worn and wasted tissue, instead, as is often the case, taken because demanded by a perverted and capricious appetite.

The diet should be plain and nourishing. There are those who, at this time, crave food which would be injurious to both mother and child. It is impossible to lay down absolute rules for the diet.

All highly-seasoned foods, liquors and strong tea and coffee should be avoided.

For a woman who is well, and whose digestion is good, we advise meat juice, tonics, etc. Fats and sweets should be taken of sparingly.

We advise the cereals, plenty of milk, fruit, both fresh and cooked, and fresh vegetables. If necessary increase the number of meals but make them less bountiful. As elsewhere stated, during the early months of pregnancy, there is no necessity for extra nourishment, the stomach is at this time weak and affected and should not be overtaxed, and since the unborn at this pre-natal period is most susceptible to the mother's tendencies, gluttony should be carefully guarded against. The queer fancies which sometimes fasten themselves upon the appetite of a pregnant woman, should be gratified when reasonable and not injurious. Common sense should be the mother's guide. The prudent and loving woman will forget her own desires and appetite and general inclination in consideration of the expected babe's health.

To be well-born is the birth-right of every child.

CHAPTER VI.

PREPARATION FOR LABOR.

The prospective mother should have everything in readiness for this trying ordeal and thus avoid excitement and hurry when all should be conducive to quiet and confidence.

The room should be spacious and well ventilated, removed from the noise of the street and house, with a southern exposure if possible; let it contain only *necessary articles* of furniture.

The bed should be in good order. The mattress of hair or cotton. Feather beds are an abomination and should *never* be used. The sheets should be of cotton.

Preparation of the Bed.—Cover the mattress, from the waist down, with a piece of rubber sheeting or table oilcloth; over it place a sheet. Now take a sheet and fold it lengthwise and place it across the centre of the bed.

On top of this and on the right side of the bed place a small rubber sheet a yard and a quarter square; take another sheet and fold it four square to pin around the mother's waist when labor sets in. With the above preparation there is no occasion for the soiling of more than the sheet about the mother's waist.

ARTICLES NEEDED DURING LABOR.—One yard of white tape, about one-eight of an inch wide, to tie the cord.

A pair of blunt-pointed scissors, a paper of large-size safety-pins.

A square yard of flannel or some material to envelop the child.

A bandage for the mother and plenty of hot water, towels, napkins, soap, and a vessel under the bed for the reception of the *after-birth.*

There is a great deal of hair-splitting among physicians about the bandage, some assuming that the patients do better without it, however we would *recommend its use.*

The bracing-up of the collapsed abdomen gives such a feeling of comfort and enables the mother to move about without feeling that she is falling to pieces. If the bandage is put on snugly, with no undue pressure so as to obstruct the circulation, none of the far-fetched maladies will result from its use.

CHAPTER VII.

PREMONITORY SIGNS OF LABOR.

About two weeks previous to labor the uterus settles, giving greater freedom of respiration and causing a frequent desire to urinate.

A few days previous to labor there is a mucous discharge which is called "the show."

PARTURITION OR LABOR.—This is the inevitable and physiological consequence of pregnancy.

The location and character of the pains will vary with the stages of labor, as well as with the woman's peculiarities. There are three distinct stages of labor each characterized by its own peculiar phenomena.

First Stage.—This is virtually the preparatory stage during which the pains operate to open up the mouth of the womb. The pains are severe and grinding.

It is much better for the patient to keep out of bed during this stage which ends with the rupture of the sack of water and the dilatation of the mouth of the womb.

Let the conversation be cheerful and foreign to the occasion. The physician requires but *one* attendent beside the husband.

Keep out officious women whose services are not needed.

Before the commencement of the second stage let the patient's clothes be adjusted so that they need not be soiled. Fold them back loosely, and fasten the sheet previously spoken of about the waist.

Take an enema and move the bowels as soon as labor sets in.

Second Stage.—This is the stage of propulsion, during which the child journeys through the pelvis and emerges at the vulva.

The pains are really more painful, but the consciousness that they are accomplishing something seems to infuse both strength and courage.

The straining efforts are, in a measure, under the woman's control.

They are intensified by the inflation of her lungs and forcible retention of her breath, while on the other hand, by opening the mouth and giving vent to her feelings, the abdominal muscles are relaxed and the straining efforts modified.

These expulsive efforts continuing, the child is finally born, following which there is an outpouring of a watery fluid. The pains then cease, and the relief experienced by the woman is most delicious.

When the child is born and it breathes, place it on its right side; as soon as the cord ceases pulsating tie it with the tape previously mentioned, about one and one-half inches from the navel, tie it again about two inches distant and cut between them. While waiting for the cord to cease pulsating, let the child be thoroughly oiled, now let it be wrapped in a receiving blanket and given to its nurse.

Third Stage.—This is the separation and expulsion of the after-birth.

Thus ends the long months of anticipations, doubts, and fears. To us a child is born, and our hearts are filled to overflowing.

CHAPTER VIII.

INFANTS; THEIR BIRTH AND CARE.

Woman is the re-creator, the nurse of mankind.

A tiny helpless babe is born, a human soul with life stretching out before it, and the mother's mission is to love and administer to its helplessness; to prepare it for life's busy mart.

The first thing to be done after the baby's head is born, is to free the eyes and mouth of all mucus, which is best done by a piece of absorbent cotten or a piece of soft linen wrapped around the finger of the attendant, and the mouth and eyes carefully cleansed.

The trunk or body being born, place the child on the right side, and tie the cord as previously directed.

Next in order will be its bath, which is best given with some oily substance, as water will not remove the "vernix caseosa" which covers the little cherub.

If lard is used it should be fresh and warm.

We prefer olive or sweet oil, of which there should be about four ounces. Cover the entire surface with

it, after which wrap in a receiving blanket and lay it on its right side, in a warm place for a few minutes.

Attentions to the Mother.—Do not expose her to the air unnecessarily, as a chill might result. Do not allow her to help herself.

Gently draw from under her all soiled garments.

Carefully adjust the bandage, and pin it snugly around her, pull down her nightdress and apply a soft napkin to the vulva. Should the parts be sore and bruised bathe with tepid water, medicate it with tincture of arnica—one tablespoonful to a quart of water.

To overcome chilliness, cover her well and give her a little warm tea. Being made comfortable she should be left quiet and allowed a little sleep, from which she will awaken much refreshed.

Dressing the Child.—See that the temperature of the room is about 85°. Take the child, exposing only a part of it, and with some absorbent cotton or soft linen, remove the oil, which will bring with it the caseous substance covering the little one. Remove it thoroughly from the groin and axilla where it is most abundant, the skin will be left soft and smooth. Bathing with water is objectionable as there is great danger of the child being chilled, and water will not cleanse.

Umbilical Cord.—Take a piece of absorbent cotton six inches square, in one end cut a hole large enough to pass the cord through, through this pass the cord

with the end pointing toward the child's head, then fold the cotton on the cord. Over this the bandage should be applied which should be of flannel, and only snug enough to keep the cotton in place.

Do not disturb this dressing until the string comes off, which will be in four or five days, after which dress it with a simple cerate or cosmoline.

Pouching of the Navel.—Should this occur it can be relieved by using a thin piece of cork or paste-board about two inches in diameter, cover it with several thickness of linen and place it outside of the cotton over the navel, pin the bandage so as to keep this in place.

The band should not be worn after the navel has been healed. Some years ago it was deemed essential to have the baby wear the bandage for six or eight months, supposing it would prevent rupture. Mothers will testify to the impossibility of keeping the band in place, it is usually found beneath the arms or down over the hips, and if it were kept in place the pressure would weaken the muscles of the abdomen rendering rupture more liable. Its only use is to keep the umbilical dressing in place, and when that is no longer necessary the child is better off without.

Clothing.—The clothing should be warm, light, loose and easily adjusted.

The diaper should not be too thick or coarse, as it will keep the limbs too widely separated. Small squares of old linen should be placed inside of the

diaper the first few days, as the skin is very tender; these need not be washed as it will be found impossible to remove the stain from the diaper of the first few passages.

The *shirt* will be found most difficult of adjustment, and should open all the way down in front.

The knit shirts are most preferable.

Pinning-Blankets.—These are used night and day, for the first few weeks, for keeping the baby's feet and limbs warm, and are then discarded for a more ample petticoat.

Petticoat.—After the pinning-blanket is arranged, the petticoat should be placed on the babe.

Dress or Slip.—This should be high in the neck and with long sleeves.

Socks.—If the weather is cold the baby should wear socks from the first, as the garments should not be long enough to hamper the use of the tiny feet, and by these little socks the feet will be kept warm.

Presentation of the Child to the Mother.—The child is dressed, the mother has had a rest, it should then be presented to its mother.

The mother should then tender the babe the breast. This first flow of milk is a natural laxative and assists to clear its bowels of the meconium.

If the mother is strong the child may be allowed to draw from the nipple for about five minutes.

If the baby cries after this, acting as if hungry, a few teaspoonfuls of warm sweetened water may be given it.

Keep the room darkened and do not turn the baby's eyes to the light.

Bathing the Baby.—See that the temperature of the room is never less than 75°, that of the water 90° F. Never trust the hand to ascertain the temperature of the water, always test it with a thermoneter.

The first week of the baby's life, it should not be stripped and washed all over, it is too fatiguing.

It can be kept sweet and clean by cleansing it part by part.

After it is a week old, it can be bathed every day or every other day.

At two months' disrobe it and place it in its bath tub every day. Do not keep it in the water more than five minutes at a time.

Never bathe it immediately after nursing.

Avoid the use of soap; preserve the oiliness of the skin—this cannot be done if soap is constantly used.

If the baby is not strong an oil or alcohol bath, given two or three times a week, will be found of great benefit. In giving an oil bath, place in the palm of the hand a small quantity of oil, and thoroughly rub the child.

In alcohol baths I prefer the same method, placing in the hand a small quantity of dilute alcohol and gently rubbing over the babe.

Baby's bath will soon be loved by the little one.

If it takes a nap in the morning give it the bath immediately before its nap. It will sleep sweetly and awaken refreshed.

A restless child can often be quieted and put to sleep by giving it a quick warm bath.

Cleanliness.—A dirty child is an annoyance to both mother and friends, and yet the fault lies in the attendant.

Teach the little one to be cleanly; every child can be taught from its earliest infancy habits of cleanliness and the great comfort secured to mother and babe will more than repay for the labor and patience required in securing them.

The clumsy diaper of the child can be dispensed with when the babe is three or four month's old.

After each nursing remove the napkin and hold the babe out, and by this it will soon learn to urinate at this time.

Also at a stated time each morning and evening hold it out and it will soon learn to have a passage from the bowels at this time.

A mother will never regret taking a little time and trouble at the beginning and by so doing establish habits of regularity and cleanliness in the little one.

Baby's feet should be uncovered several times a day, when near the fire, and the little one allowed to stretch its tiny legs to its heart's content.

Nursing.—No animal refuses to nurse its young, it is only among the human species that we find mothers cruel enough to deprive the new-born infant of its natural food.

If this is done from willful neglect or indifference,

the mother may be compelled to pay dearly for this violation of nature's law. Every true mother will delight in nursing her child, and she should allow nothing but the most entire inability to prevent the exercise of this maternal office.

The mother's milk is the natural food, and nothing can ever take its place. Every means should be used to secure and maintain this natural nutriment, before resorting to artificial food. Infantile food must contain all the material for the formation of all the organic tissues.

Maternal milk fills all the requirments. True there are rare cases in which mothers should not attempt to nurse her offspring, and there are conditions which even impose upon her the obligation of abstaining from it. Such as abscesses of the breasts, bad quality of the milk, hepatic and syphilitic affections, any severe nervous trouble, such as hysteria or epilepsy, in which the milk would favor the transmission to the child. Pulmonary phthisis or an enfeebled constitution, in these cases it is better to resort to a wet nurse or artificial feeding.

Since women's milk is the natural food for a child, whenever it is decided that the mother cannot nurse the child, the breast of a healthy woman should be secured if possible, to fulfill the laws of nature.

No mother should employ a wet-nurse without having her examined and endorsed by a physician.

Although beauty should not be an indisputable attribute, yet she should have a pleasant face, should be in perfect health, between the ages of twenty-five

and thirty years and should have been confined at or about the time of the mother.

Since the moral as well as the physical condition of the nurse will influence the infant, she should be free from all vices and pernicious habits.

She should be cleanly in her person and moderate in her eating and drinking.

Careful inquiry should be made concerning her family to ascertain if any of its members have suffered from any hereditary disease.

She should be able to suckle from both breasts.

Unless you can secure all that is desirable in a nurse, we would strongly advise artificial feeding.

CHAPTER IX.

ARTIFICIAL FOOD.

The mortality of infants is much greater among those who are artificially fed than among those who are nursed from the human breast. This being true, it is necessary that we be guarded in the selection of a food that is best adapted to its infant wants. It must be remembered that each baby is a law unto itself.

It is claimed by many that the best substitute is cow's milk, but there are many points to be considered before this is decided upon.

It is important that it be taken from one cow, which should be fresh or nearly so.

The first milk drawn is the best, it is not so rich and needs no diluting,

Should rich milk be used it must be diluted, the degree of dilution must vary according to the age of the infant.

For the first two months, to the milk should be added an equal quantity of water.

From the second to the sixth month it should be one-third water and two-thirds milk. After the sixth month the child may have it pure. One teaspoonful of sugar of milk should be added to each nursing, also a tiny pinch of salt. The temperature of the milk in feeding should be from 90° to 95° F. To prevent burning, in heating, the bottle containing the milk prepared for use, should be placed in a can containing warm water, and there left till it has acquired the proper temperature, which can only be determined by the use of a thermometer:

The following directions for the care of milk is of utmost importance:

Never boil the milk, only scald.

All pans and other utensils which contain the milk should be scalded, scoured and rinsed with clean water and dried.

All milk should be sterilized, thus all germs will be destroyed. A simple apparatus may be made as follows and will answer the purpose of the expensive patented affairs:

Take a tin pail and invert a tin pie-plate in which a number of holes have been perforated, or have made

a movable false bottom perforated with holes and having legs half an inch high to allow circulation of water. The milk bottles are set on this false bottom and sufficient water is put into the pail to reach the level of the surface of the milk in the bottles.

A hole should be punched in the cover of the pail, a cork inserted and a thermometer put through the cork so that the bulb dips into the water, the temperature can thus be watched without removing the cover.

The milk may be put in the nursing bottles to be sterilized or a small fruit jar loosely covered. If the nursing bottles are used let them be corked with absorbent cotton or other clean material.

All in readiness place the pail containing the bottled milk on the stove or range until the water reaches a temperature of 155° F., when it is removed from the heat and kept tightly covered for half an hour. The milk bottles are then taken out and kept in a cool place. The milk thus prepared should be used within twenty-four hours.

Do not raise the temperature above 155° F., otherwise the taste and quality of the milk will be impaired.

If cow's milk cannot be obtained we must then resort to one of the many foods or condensed milks.

If condensed milk is used, take one teaspoonful of the milk to every two ounces of water, to which add a little salt. Many physicians of extensive practice claim to have the best results from feeding the child Horlicks' Malted Milk, prepared as directed on each package. And our experience is such that we heartily endorse this preparation.

There are numerous other foods upon the market but we are confident one of those previously mentioned will be just what your baby needs.

Nursing Bottle.—Use only the straight-neck bottle, a graduated one will enable you to prepare definitely the quantity.

Those bottles containing the rubber or glass tube are a curse, and many a little mound in the cemetery speaks against their use. They were invented for the use of lazy people. Should these tubes be opened and placed under a powerful magnifying glass every one of them would be found to be inhabited.

The bottle should be kept scrupulously clean; two bottles should be kept in use, as soon as the baby has taken all it desires, throw away all that remains in the bottle and wash the bottle with hot suds. Scald with clean water, after which place them in a basin of clean cold water in which a little bicarbonate of soda has been placed, after soaking the bottle in this for half an hour remove it and rinse in clean water, let it dry by hanging it inverted on a peg. Before using it rinse it with clean cold water.

Nipple.—Use only the black rubber as the white contains carbonate of lead, which is slow but sure poison. The plain *thimble*-shaped are the best, as they can be turned wrong side out and thoroughly cleansed.

Feeding.—If the baby be placed to the breast every time it cries its health will be ruined. Be care-

ful not to overfeed, more children suffer from overfeeding than from the effects of too little.

Always hold the child while it is nursing, do not bounce it after feeding, let it lie quiet for at least half an hour after feeding or it may vomit.

The time required for a baby to nurse is about twenty minutes.

The baby's mouth should be washed after nursing. The following table as to time and quantity for baby's nursing will be found of value if closely followed.

Age.	Intervals of feeding.	Number of feedings in 24 hours.	Average amount at each feeding.	Average amount in 24 hours
1st week,	2 hours.	10 times.	1 ounce.	10 ounces.
1st to 6th week,	2½ "	8 "	1½–2 "	12–16 "
6th to 12th week or up to 6 mos.	3 "	6 "	3–4 "	18–24 "
6 months,	3 "	6 "	6 "	36 "
10 months,	3 "	5 "	8 "	40 "

The baby should be given a teaspoonful of water frequently during a day, for they, like the adult, get thirsty.

CHAPTER X.

BABY'S REGIME.

SLEEP.—For a few weeks after birth the baby should sleep most of the time, awaking only to nurse. As they grow older they will sleep less until they only take regular naps, finally they will sleep only during the night and two or three hours during the day. Do not awaken it to feed it or to please some one who is desirous of seeing it. Habits are quickly formed and disturbing a very young babe when it desires to sleep may be the makings of a cross and wakeful one later on. Do not rock the baby to sleep. When time for its sleep place it in its bed while awake, it will soon get in the habit of going to sleep and thus save you an amount of trouble. Always place it on its side for sleeping, if placed upon its back while young regurgitation of food may occur, causing choking and suffocation. Often when a baby awakens and cries if the attendant will turn it on its other side it will then finish its nap. Always have its sleeping quartes well aired; the sunlight should never be excluded from the baby's sleeping room, except when the little one takes its midday nap. Never, except in case of illness that affects the child's eyes, bar out the light of day; place the bed so that the sunlight does not strike the face of the little one, or place a screen so as to intercept the direct rays of light.

AIR AND EXERCISE.—You might as well deprive baby of its food as to deprive it of fresh air. It should live and sleep in a large sunny room in the daytime.

At the age of three weeks it should be well wrapped and carried out in the air for a short time every day unless it storms or is very windy. In winter, the middle of the day is the best time; in summer, morning and evening.

It should never be out when the dew falls. When it cannot be taken out of doors it should be warmly wrapped and carried twice each day, for about half an hour, up and down a room, the windows of which have been thrown open.

In this way it will get fresh air into its little lungs, which is absolutely necessary to a healthy existence. The practice of taking baby out in its coach in very cold weather is very harmful. Men and women do not enjoy driving on a cold winter's day—what must be the suffering of the sensitive little one who can give no warning? Be sure of the honesty of the nurse. Order that while out with the child she should enter nobody's house, nor loiter upon the street talking to some friend.

Order that nothing shall enter the child's mouth while out. It should be brought home in time for nursing.

CREEPING AND WALKING.—Many mothers object to their babe creeping, because if they allow it the baby is always unpresentable and untidy. Some restrain it because its little hands would become soiled. None

of these things should be allowed to interfere with this natural opportunity for developing baby's muscles.

Many being anxious to see the little one walk assist and urge the child too soon to stand and walk. By thus being taught and allowed to use their limbs prematurely—to learn to walk before creeping—many have been deformed for life. It is natural for a child to creep, hence it is *right*, for nature uninfluenced *never* makes mistakes. A mother should not forbid but encourage creeping. The growth of the human frame can be compared to the rearing of some magnificent architectural structure, the omission of a single stone or brace at its foundation mars its beauty, affects its solidity and durability. So, too, with the babe taught too soon to walk, bandy legs, etc., may be the result. The deformity is caused by the bones being deficient in earthy matter which causes them to bend.

It may be necessary to urge a child to creep, but never to walk.

Cries of Babies—Are those of want, hunger, discomfort, or pain.

The first duty is to discover the cause.

Those of hunger can usually be determined by recalling the length of time that has elapsed since its last feeding.

It cannot be judged that by giving it the breast quiets it. If it has colic, the cries are fierce and it sheds tears, and usually draws the knees upward to the stomach. If it sleeps lightly and awakens with a

shriek accompanied by no tears, the trouble is usually with the head, ofttimes the discomfort is caused by the pricking of a pin or some disarrangement of its clothes or bed, which when adjusted will quiet the child.

WEANING—The period of weaning is ofttimes a difficult one, especially if entered upon at an improper time or without proper preparation.

The period varies according to circumstances. Often some weakness or malady of the mother compels her to wean it at unseasonable times. Whenever everything is normal the dentition of the child should be the only guide. Where there is nothing demanding an earlier weaning it should be begun when it is nine months old, at which period it usually has several teeth.

It should not begin until it has cut two or more teeth. Never wean in summer time—begin when the child is strong and well. Select a time of year when the weather is moderate—March, April, May, or October and November. The preparatory steps toward weaning are giving the breasts at longer intervals, feeding it soft spoon-vituals, such as arrow root, sago, crackers soaked in milk, etc. Once started on the weaning process be *firm* and unrelenting, take no backward steps, better wean gradually, occupying in the task ten or twelve days. A little salt on the nipples will oft excite an aversion to them. After weaning do not overtax the child's stomach, give it food at regular intervals, give it a drink of water or milk before going to bed, but no solid food.

THEIR DIET—may consist of meat in very moderate quantities, chickens and poached eggs. Never give *fried* or boiled potatoes—baked are the *best.* Give them good milk. Tea and coffee are stimulating and interfere with sleep.

The best bread is unleavened wheaten grits, well boiled, eaten with cream and sugar, is one of the best diets. Ripe fruits are especially beneficial; cakes being indigestible are injurious.

BABY'S SLEEPING APARTMENTS.—This should be the largest, coolest, airiest in the house and as far from the ground as possible. The room should be aired several times a day, taking the babe out. It would be better, if possible, to have the ceiling and walls painted as they are safe from contagion; in all cases they may be kept sweet and clean by washing with a carbolic acid solution. The child's *bed* should be furnished with a hair mattress and pillow—these are warm in winter cool in summer, and easily purified. Unlike feathers they give off no floating particles which gather into the lungs. If a hair bed is not possible the next best is one of corn husks.

For baby's use there should also be a screen, unless the bed is so arranged that a screen is unnecessary.

CHAPTER XI.

BABY'S WARDROBE.

What more beautiful than a young expectant mother bending over the tiny unworn garments lying in a perfumed drawer ready for the little one's arrival? How her heart goes out to it—what a tender, beautiful light steals over her face as she gazes upon them. Economy must sometimes be practiced in the making of them, but comfort must ever be provided. The wise mother will not, although she be the possessor of abundant means, lavish upon the expected one useless, needless garments, which means not only money but exhaustive work in the making or purchase of them. The *material* should be of the softest and finest, the style *simple*, the *finish* dainty. Long skirts are not only burdensome but injurious, weight is not warmth.

Flannel should be of the softest texture, even if not so fine. Never select linen for any of baby's undergarments, as it imparts chilliness.

Cotton, such as cambric or lawn, is far superior.

While the mother must use her taste and judgment regarding quality and quantity of her baby's wardrobe, we feel that a few suggestions will be most acceptable.

If lace is used let it be valenciennes or torchon.

THE BANDS—Should be of soft flannel, about four inches wide, and should never be hemmed. The little

one's skin is so soft and tender the folded edges will annoy it.

The Nightdress.—Let them be of cotton and never starched, and not more than a yard in length.

The Pinning Blanket.—These should be one yard in length, contain two widths of flannel. The seams of all flannel should be pressed open on the wrong side and feather stitched, the hems should also be feather stitched.

The Petticoat—should be made of nainsook. These should be hemstitched. Instead of placing each petticoat upon a wide band it is better to make a single ordinary petticoat band and sew buttons along its lower edge. Make the petticoat with a belt band in which corresponding button holes are worked. In this way baby has less bulk about its body and can be more easily dressed and undressed.

The Dresses.—These should be high in the neck, with yokes and have long, full sleeves. English nainsook will be found one of the best goods for babies' dresses.

Christening robes are elegant made of china silk and should be forty inches long.

Bath Wrapper—Should be made of tufted cotton, Turkish toweling, or heavy blanket flannel and may be plainly hemmed or bound with wash tape.

House Sacks—Can be knitted or crochetted, cash-

mere, or silk flannel. Buttonholed in scallops about the edges or bound are most elegant.

The Socks—Should be of wool or silk, or wool and silk mixed.

The Boots—Can be made of cloth, chamois, or felt, decorate them with feather stitching.

Nothing but pure white should be used for all of baby's garments.

Diapers.—Cotton diapering is the best. Wash and iron before cutting into napkins, and make them twice as long as their width. Make the hems by hand as machine hems are too stiff and harsh.

Never dry napkins and use them again without washing—this habit is productive of much misery to the child. It causes a burning and smarting of the sensitive flesh. Almost all chafing of an infant can be traced to the use of unwashed napkins or of fabrics from which soap has not been properly rinsed.

All the child's clothing should be changed at night and such of its day garments as are to be worn again should be spread out and well aired. The child's clothing should be laundried twice each week. It is both unpleasant and unwholesome to allow the soiled garments to remain unlaundried for a longer period.

Modest Wardrobe.—

3 Wool shirts.
4 Flannel bands.
3 Pinning blankets.

3 Flannel skirts.
3 Cambric skirts.
4 Simple slips.
4 Day dresses.
2 Wrappers.
2 Sacks.
4 Pair socks.
2 Square blankets.
1 Cloak.
1 Cap and Veil.
3 Dozen napkins.

ELABORATE WARDROBE.—

6 Flannel bands.
6 Cashmere shirts.
6 Pinning blankets.
6 Flannel skirts.
6 Cambric skirts.
6 Night slips.
6 Dresses.
6 Sacks.
8 Pair socks.
2 Flannel blankets.
1 Cashmere blanket.
3 Flannel wrappers.
1 Shell hood.
2 Cloaks.
2 Caps and veils.
4 Dozen napkins.

And a handsomely trimmed and furnished baby basket.

Luxuries for Baby.—One of the accessories to baby's outfit is the baby basket. Swiss or mull with dainty edgings of valenciennes lace are the popular decorations. The two colors used in the decorations are blue or pink. Any woman can have a baby's basket even though she cannot buy the special foundation for it, as this can be made out of pasteboard. In every basket, whether made or purchased, should be placed the powder and puff, a Japanese bowl, with a division in the center to contain the sponge and cake of soap, squares of old linen for washcloths, one small brush for the hair, a pin cushion containing plenty of safety pins of assorted sizes.

CHAPTER XII.

DISEASES OF INFANTS.

Children's diseases are only peculiar to them because of the delicacy of their immature organs. Because of this delicacy they are not inured to the attacks of certain diseases which reach them through contagion or infection.

Children are at the mercy of their attendants, and should be by them carefully guarded and if possible kept from this infection.

Pure air and sunlight will do much to ward off the attack of disease, which is fully demonstrated by thousands of little ones who, living in the hot, crowded

cities in homes where the atmosphere is polluted, disease fastening her fangs upon them, but when carried into the country and allowed to breathe the pure air, fully recover.

Pure oxygen is life; vitiated air, misery and death. Mothers in large cities, where a trip to the country is impossible, can do much toward warding off disease and preserving the life and health of the babe. Keep it in the best room in the house. If necesssry, neglect some other duty and take it out in the early morning or after the midday heat has abated. Do not have it out in the intense heat of the day. If it be impossible to take it to a park, choose the quiet streets where the very stillness is conducive to tranquility. The trying days to the baby are those long summer ones, when the humidity of the atmosphere saps the vitality.

No matter how fierce their thirst, how burdensome their wrappings, or acute their sufferings, there comes no appeal save their mute expression. When the heat is excessive a piece of linen or soft sponge wrung from luke warm water to which a few drops of vinegar has been added and this applied to the head, face, throat, hand and wrists and gently dried, will prove soothing and refreshing.

Every home should be supplied with a medical thermometer and the mother able to take the temperature of the child.

Pulse.—The pulse beat of a child till it is one year old is from 120 to 130 per minute, after which it gradually decreases.

During the second year it ranges from 100 to 115 per minute.

The pulse is only a wave of blood propelled by the heart, therefore anything affecting the emotions will affect the pulse.

The best time to feel the pulse is when the child is sleeping. Never count it when crying or immediately after eating.

If it will not hold its hands quiet so the pulse can be counted at the wrist, it can be felt in the neck under the jaw.

Temperature.—The normal temperature is about 99° Fahrenheit. This is obtained by placing the bulb of the medical thermometer in the mouth under the tongue and retained three or four minutes with the lips closed. Where this is impossible place the thermometer under the arm keeping the arm close to the body. The most accurate temperature is obtained by placing the bulb in the rectum.

Where the temperature exceeds 105° there is grave cause for alarm.

Temperature below normal is dangerous.

Respiration.—This is from 30 to 40 per minute. A slight variation from normal condition, if not prolonged, is not as a rule a serious matter, but if these abnormal conditions, however slight, remain for a longer period a physician should be summoned.

SECTION I.

SPECIFIC DISEASES OF INFANTS.—RUPTURES.

Protrusion of the Navel (Umbilical hernia).—Sometimes caused by bad dressing, pulling at the cord during labor, or congenital weakness of the muscles of the abdomen.

Treatment.—Reduce it by gentle pressure with the finger on the navel. Take a piece of thin cork or pasteboard, about two inches in diameter, cover this well with old linen and place it over the pouching. Hold it in place by a suitable bandage.

Inflammation of the Navel.—If this becomes inflamed during the process of the formation after the separation of the cord, apply a piece of lint which has been dipped in a cold infusion of flaxseed or slippery elm. Where there is ulceration dip the lint in calendula water of the following strength: Tincture of calendula fifteen drops to ten tablespoonfuls of water.

Inflammation of the Eyes.—Caused by sudden exposure to strong light, uncleanliness, or scrofulous constitution.

Treatment.—Keep the eyes clean. When they are inflamed, wash under the lids with camels'hair brush with warm milk and water. If of a severe type entrust them to a skilled physician.

Coryza or Snuffles.—Babies are ofttimes troubled with obstruction of the nostrils. This can ofttimes be

overcome by a little warm milk placed in the nostrils. Should it be obstinate one pellet of nux vomica 3x, in three teaspoonfuls of water. Give half teaspoonful three or four times a day. This will be sufficient for a cure.

Hiccoughs.—This is not a serious complaint but ofttimes very troublesome to infants.

Treatment.—Give a few teaspoonfuls of cold water, wrap the baby up warmly and they will disappear.

Falling of the Rectum.—This usually occurs after a long-lasting diarrhœa, or violent straining at stool. Treatment consists in gently replacing it.

SECTION II.

GASTRIC DERANGEMENTS.

Thrush.—This is an inflammation of the mucous membrane of the mouth, often extending to the stomach and intestines. The mouth and throat are covered by granular deposits which look like curdled milk.

Symptoms.—Nursing is difficult, fever sets in, the child looses strength and flesh. When the intestines become affected a dangerous diarrhœa sets in which if not controlled will end the baby's life by exhaustion.

Causes.—Want of cleanliness, foul air, indigestion, unwashed nipples, the using of sugar-teats, and contagion.

Treatment.—Wash the child's mouth after every nursing, and the nipples before and after each nursing.

Wash the mouth gently several times a day with a linen rag dipped in cold water and apply, with a camels'hair brush to each of the granules, the following:

Borax	dr. ½.
Glycerine	dr. ½.
Water	oz. j.

M. Sig. Apply with camel'shair brush several times daily.

Bromine 3d, ten drops in ten teapoonfuls of water. One teaspoonful every two hours.

Colic.—This is not a dangerous disease, but one of intense suffering, usually due to some derangement of the liver. When the mother has been badly nourished the child is frequently born with it. May be due to a deficiency of nitrogenous elements and phosphate in the food.

Treatment.—Keep the child warm. If severe, place a flannel wrung from hot water over the abdomen. In mild cases, a few teaspoonfuls of warm water will often alleviate.

Tincture of camphor, one drop in six teaspoonfuls of warm water, to which has been added one teaspoonsful of sugar.

Dose—One teaspoonful every ten minutes till relieved, or,

Nux vomica, 3x. One pellet in six teaspoonfuls of warm water.

Dose—One-half teaspoonful every ten minutes till relieved.

Among other remedies are chamomilla, pulsatilla and *colocynth.*

A poultice made of allspice and laid across the abdomen while warm will entirely relieve.

CONSTIPATION.—This occasionally becomes very obstinate. A mother should not wait long after using one of the given remedies. If they fail to act in a few hours, it is best to send for a physician, as prolonged cases may be followed by convulsions.

Treatment. — Ofttimes oatmeal water will relieve. If the baby is artificially fed prepare its food with the oatmeal water, but where it nurses from the breast it will have to be administered between its regular nursings.

Many good results are obtained by rubbing the stomach and abdomen night and morning with warm olive or castor oil. Rub in a circular or downward motion and continue it for fully ten minutes. Should these fail, cut a piece of castile soap, about the size of a pea in thickness and about one inch in length, point it on the end, dip it in warm water and insert in the rectum.

Nux vom. 3d, is one of the best remedies. Mercurius, bryonia, sulphur, lycopodium and many others are of great value.

DIARRHŒA.—In infants this is one of nature's first methods to remove obstructions, and in the majority of cases should not be checked.

The natural movements are usually thin and of a

bright orange color. There is little odor. Many children have from three to six movements a day.

Treatment.—Pay strictest attention to its diet and do not overfeed. Barley water, given as directed in oatmeal water, will often check obstinate cases.

Chamomilla, during dentition and where there is pain and wind in the abdomen and the stools green, will be found a soverign remedy.

China where there is great weakness and where there is undigested food in the stools.

Colocynth where the stools are preceeded by cramping pains.

Cholera Infantum. — Many medical authorities claim that this disease, which carries off thousands of infants every year, would cease to exist if hygienic rules were strictly obeyed.

Treatment.—After it has appeared and the baby is a victim, summon your physician. While awaiting his arrival give it a warm bath in a warm room.

Boil a little arrow root and thin it with a little boiled milk and give it to the little one instead of its ordinary food.

A thick rice gruel with a little beef juice added, give two teaspoonfuls every hour, should be given warm.

The room in which the baby is kept should be cool, which can be done in warm weather by hanging a sheet wrung from cold water a little distance in front of the window where the air will blow upon it. Where it is possible the baby should be removed at once to

the seaside or mountains as nothing is more beneficial than a complete change of air.

Champhor and Veratrum.—These should be used alternately every hour. Where there is sudden attacks of vomiting and purging, ipecac, chamomilla, arsenicum and colocynth also head the list of remedies.

Teething.—At this trying epoch of a child's existence the best nursing and most intelligent medical attendance cannot guarantee immunity from the many ills that beset its young life.

A careful mother, however, can many times save the little one from continued ill-health and perhaps death.

Teeth are rather irregular in their evolutions but the average of their eruption is as follows:

Sixth or seventh month, the two middle incisors.
Ninth month, the two lateral incisors.
Twelfth month, first molars.
Eighteenth month, two canine.
Twenty-fourth month, two last molars.

No rule, however, can be laid down from which there will not be variations. There have been children who have not shown a tooth until the fourteenth month and others have been born with teeth. Early closing of the fontanelles indicate early dentition. Artificially fed children are slower in teething.

The eruption of the canine or stomach teeth, seems to create greater disturbance than that of any other.

During the teething process the child is restless, wants to bite, saliva dribbles from the mouth, some-

times the glands around the neck become hard and swollen.

Treatment.—Give it plenty of fresh air, but avoid heat and cold.

In regard to lancing the gums, although there is a prejudice, by many it is claimed that if the best results are obtained it should be done when the gums over the tooth is much elevated and red, it will give immediate relief.

Coffea 3x for restlessness, wakefulness.

Aconite 3x, feverishness, and gums swollen.

Belladonna 3x, head hot, face flushed.

Calc. carb. 3x, if the child starts during sleep, or where there is an enlargement of the glands around the neck.

Worms.—While not a pleasant thought, it is true that parasites do inhabit the human body.

There are several species, among them are:

Ascaris lumbricoides (or round worm), these are the most common in children, in size and appearance they are like the ordinary earth worm.

Ascaris vermicularis (or thread worms), these are like small bits of thread.

Tænia solium (or tape worm), which may be many feet in length.

Symptoms.—These are local and sympathetic and frequently very obscure.

Pains in the abdomen, which is puffy and swollen, fetid breath, loss of appetite, with some there is a cough.

The thread worms are known by the intense itching which they cause.

Treatment.—One of the best general remedies is santonine, one-tenth of a grain every five hours.

For seat worms make a solution of salt and water, one teaspoonful of salt to a cup of water, have it warm and inject.

The treatment of tapeworm should always be entrusted to a physician. Do not give patent medicines for the removal of worms, they usually derange the stomach.

Cina, spigelia and stannum are also highly recommended.

Vomiting.—Some infants vomit easily after every nursing, which indicates the child takes too much, or that the milk is too rich or too sour.

If it vomits the milk in a cheesy condition, it is evident it suffers from acidity of the stomach. If the milk vomited is clear, its stomach is too weak to digest it.

Ofttimes the vomiting is caused by too tight bandaging.

Treatment.—Remove the cause.

SECTION III.

NERVOUS DISORDERS.

Convulsions.—In the catalogue of diseases there is none which so quickly frighten and unnerve the mother or attendant, and yet there are few diseases less threatening to the child's life. Some children are so highly nervous that the slighest trouble will induce convulsions.

Treatment.—Prepare a warm bath, the temperature of the water should be 90° F. Lay the child down and gently undress it. After this apply to the head a sponge or towel wrung out of cold water. Place it in the bath for about five minutes, remove it and wrap it in a blanket; do not try to relax the muscles, let nature do that.

If the child is exhausted and convulsions caused by diarrhœa, do not place cold water to the head, stimulate it with milk and brandy.

Belladonna 3x where the face is hot and flushed with jerking in the sleep.

Ignatia 3x to those of highly nervous organization, where the convulsions occur from dentition or from fright.

Chamomilla 3x where there is great irritability, one cheek red and hot, bloated bowels. Child very fretful, wants to be carried.

Ipecac and nux vomica where there is stomach trouble.

SECTION IV.

DISEASES OF THE SKIN.

Chafing (Excoriations or Rawness of the Skin).—This occurs between the limbs, nates or buttocks, or under the arm-pits. It is caused by the negligence of the attendant, for should she wash the child in those parts often and between the limbs every time after the child wets its napkin or has a passage, and then sprinkle rice powder or Fehr's Compound Talcum Baby Powder, the child need never suffer from that inconvenience, but when they have occurred the parts should be lubricated with olive oil and powdered peruvian bark spread on it afterward.

Erysipelas.—This generally proceeds from a circumscribed spot around the umbilicus, or navel, from the sexual parts, the extremities, or the thorax. It spreads rapidly and may cover the whole body. *Causes* are washing the child with irritating substances, such as bad soap, uncleanliness, rude handling, injuries and the use of spirits and bad diet by the mother, or by changes in the milk brought on by anger or passion. Symptoms are restlessness, fever, vomiting, diarrhœa, or constipation, the skin is of a reddish yellow, the urine scanty and leaves yellow stain.

Treatment.—Aconite should be given immediately, alternated with bell. 3x. Three pellets in ten tea-

spoonfuls of water. One teaspoonful every hour. Apis mel. and lachesis are also valuable remedies.

Argentum nit.	grs. lxxx.
Aqua dist.	oz. iv.

M. Sig. Paint the eruption all over with a camels'hair brush three times daily.

Cranberry poultice will be found of service in obstinate cases.

Mumps (Parotitis).—These seldom affect nursing children. There is an inflammation and enlargement of the salivary glands under and in front of the ear. They usually occur on one side, and as that subsides the other side becomes affected.

They usually affect a person but once in a lifetime. They are not dangerous, although there are instances in which *boys* suffer from complication with the testes, and *girls* the ovaries and breasts. The swelling subsides in a week or ten days.

Symptoms.—For a few days the patient is feverish, languid, loses appetite and does not rest, the neck becomes stiff, can scarcely move the lower jaw.

Treatment.—Cover the neck with flannel. Do not expose the patient to cold or dampness.

Mercurius protiodide 3x, one grain every three hours.

Bell. 3x, when there is excitement of the brain.

Mercurius solubilis 3x, one grain every two hours when the testes become involved.

Aconite 3x may be alternated with either of the above remedies when there is a full and rapid pulse.

JAUNDICE.—This may supervene very soon after birth. The yellowness of the skin is sufficient evidence. If the child does not appear sick, and its stools are natural no treatment is necessary, except keeping it warm. If the urine is dark and yellow and the child has diarrhœa, the following remedies may be given:

Mercurius 30x, a powder three times a day, or,

Tart. emetic	gr. j.
Pulv. ipecac	scr. j.

M. Place in a wineglass of sweetened water. Give one teaspoonful three times daily.

MILK CRUST (Crusta Lactea).—This is generally characterized by little pustules disposed in irregular groops. They develop themselves upon the face and scalp, the pustules at first are white and slightly elevated, surrounded by a red, inflammatory areola or circle. The fluid discharged by them is transformed in drying into thin, yellow scabs. This is not a dangerous disease but excessively annoying. The itching is intense. It is not contagious.

Treatment.—Six doops of the tincture of viola tricolor to twelve teaspoonfuls of water. *Dose*—One teaspoonful every four hours. Other remedies, sulphur 30x, calc. carb. 3x, graphities 6x. One powder three times daily. Or the following may be used externally: Apply sweet oil, or a mixture of sulphur and cream of tartar, equal parts. This will allay the itching, or,

Borate soda	gr. x.
Rose water	oz. ij.
Glycerine	dr. ij.

M. Sig. Apply externally.

SECTION V.

AFFECTIONS OF THE EAR.

Otitis (Inflammation of the Ear).—This is caused by exposure to damp or cold, or a sudden suppression of an eruption. The *symptoms* are violent burning, stitching pain deep in the ear, swelling and redness of the ear, with fever.

Otalgia or Earache.—Resembles inflammation of the ear, but there is an absence of fever and there is no redness or swelling of the ear. The acceleration of the pulse is caused by the violent, beating pain within the ear. It is caused from a cold or from sympathy during eruption of the teeth.

Otorrhœa (Running of the Ear).—This is a sequela of inflammation of the ear. There is a thick, yellow discharge of pus from the ear.

Treatment.—When the pain is violent a warm, hop poultice applied to the ear will give relief. The heart of a roasted onion placed in the ear has given relief when everything else has *failed*. Aconite 3x and bell. 3x alternated. One pellet every hour when the ear is red, tender to the touch and swollen. Pulsatilla 2x often relieves more quickly than belladonna for the same symptoms.

Mercurius 30x when the child is worse in the warm bed, where there is chilliness or a tooth is in process of eruption. For chronic running of the ears, mer-

curius, hepar sulphur and calcaria carb., where the matter is purulent; mercurius and lachesis where the matter is bloody.

SECTION VI.

SEXUAL AND URINARY ORGANS.

Boys.—Immediately after birth examine the prepuce, or foreskin, of the penis. If it is very long it should be retracted every day and the head thoroughly washed, otherwise the exudation between the glans and foreskin may cause inflammation and irritation and thus necessitate the interference of a surgeon.

Girls.—Ofttimes soon after birth there will be an escape of a few drops of blood from the vagina, this is of no consequence and needs no treatment, other than the keeping of the parts perfectly clean.

Retention of Urine.—Shortly after birth the babe should discharge the contents of the bladder, otherwise the bladder will become distended and will cause a troublesome if not dangerous inflammation.

Treatment.—If twelve hours after birth the little one has not passed water, wet a cloth in warm water and apply over its genital organs. If this does not have the desired effect give it an injection in the rectum of a gill of warm milk and water, or give it a warm bath.

An infusion of common parsley, one teaspoonful given every hour, is an excellent remedy.

GRAVEL OR CALCULI.—The symptoms are a painful discharge of a few drops of blood-colored urine.

Only a skillful physician should be allowed to treat this affection.

CHAPTER XIII.

DISEASES OF THE RESPIRATORY ORGANS.

The lungs can be compared to a sponge, the channels through it are the bronchial tubes and the holes around and between those spongy, fibrous channels are the air cells. These channels are lined with a mucous membrane which when it becomes irritated exudes a quantity of mucus which fills up the holes and channels. The office of these channels is to allow the atmospheric air to get to the air cells. It is plain to be seen that this exudation of mucus will interfere, if not totally prevent, the entrance and exit of the air which is necessary for the purification of the blood. The drawing in of the air, which is done by the expansion of the lungs, is called *inspiration;* the expulsion of the air is called *expiration.* When the air is totally prevented from entering the lungs the patient is choked to *death.*

Pure air is needed in the lungs to oxygenate the blood. The pure air gives up its oxygen to the blood

and receives in its place carbonic acid, a most destructive poison. In this manner the blood becomes oxygenated.

The carbonic acid which is formed in this process is thrown off by the expiration of the lungs. The moment this process is prevented death must ensue from the carbonic acid. This is not the only chemical change which takes place but is the most important to our existence.

Capillary Bronchitis.—This is an inflammation of the lining membrane of the bronchial tubes. Commences with common catarrhal symptoms, *common cold*, chilliness followed by a fever, hoarseness, respiration difficult and quick, frequent and distressing cough, at first dry then loose, the mucus collects rapidly in the windpipe and bronchial tubes which causes a great rattling, and can be plainly heard by placing the ear to the breast, ofttimes by placing the hand over the ribs or at the back this rattling can be felt.

The appetite is impaired. All symptoms are worse at night. This disease is sometimes taken for croup. The face is pale and livid.

Treatment.— Aconite 1x where there is dry burning heat with thirst.

Tartar emetic, severe proxysms of coughing, rattling in the chest where the bronchial tubes are full of mucus.

Kali bichrom. 3x, cough with expectoration of tough, stringy mucus.

Phosphorus 3x, complete loss of voice, tightness

across chest, cough with expectoration of frothy, pale-red or rust-colored mucus. Cough dry.

Ipecac 3x, loose cough, tendency to suffocation, difficulty of breathing.

Pneumonia.—In the child the symptoms are almost identical with bronchitis, except the cough which is generally dryer, shorter, and more hurried and very painful. Upon every respiration there is coughing; the face is red and flushed, the eyes congested and shiny, the skin is hot, the tongue is parched and dark red. The bowels are usually constipated.

In placing the ear to the breast during the first stage, a crepitis sound is heard like the cracking of salt placed in the fire, the mucus rattle heard in bronchitis is absent. As the inflammation progresses the substance of the lung becomes altered in structure, and the disease has entered the second stage or stage of hepatization which is a solidifying of the part.

If the disease is not checked at this period it runs to the third or suppurative, at this time a gurgling sound may be heard over the affected part, thus proving matter has formed and the air is passing through it.

At this stage it is very alarming and surely no inexperienced person should attempt to treat it.

Treatment.—Keep the room of an even temperature. A flannel wrung from hot alcohol may be placed over the chest.

Aconite.—One drop of the tincture, given ever hour, in a half teaspoonful of water during the stage of congestion.

Veratrum vir.—Where the sputa is rusty, great oppression of the chest, pulse full, hard and bounding; delirium.

Dose for child, four drops of the tincture every hour.

Bryonia.—Dry, painful cough, hoarseness, motion aggravates cough; constipation.

Phosphorus.—Particularly in advanced stages, dry cough, dull sound on percussion, child cries when it has to cough.

Other remedies are mercurius, ipecac, chelidonium, tartar emetic.

Many physicians do not advocate the use of poultices, but magnificent results have been obtained, aided by them. Flaxseed poultices are among the best.

Make out of wool goods a double pad, large enough to cover the patient's throat, chest and abdomen. Sew all its edges together, except for a short distance, thus leaving an opening through which pass sufficient bran to make the pad an inch thick in every part. Sew up the opening and quilt the pad not too closely, taking long stitches with coarse thread, keeping the bran evenly spread. Dip this in boiling water, press it almost dry and apply to the patient's chest, throat and abdomen as hot as it can be endured, covering it quickly with flannel. When cold draw it away without uncovering the patient and quickly repeat the operation. Continue to apply these as long as there is pain or difficult breathing. If there are two pads to use alternately the application may be made more rapidly and with better results.

Keep up the patient's strength by frequently administering beef tea or the white of an egg beaten and mixed with a cup of milk and a little sugar and wine, or flaxseed tea flavored with lemon and sugar.

Sore Throat and Tonsilitis.—Children are liable, as well as adults, to these diseases. Common sore throat is ushered in with a cold, sometimes with chilliness and a fever, the throat becomes red and swollen. These symptoms may pass off in twenty-four hours or may go on to a higher degree of inflammation when an abscess may form. The *ulcerated sore throat, or quinsy,* is more dangerous and its symptoms more severe—high fever, painful deglutition and difficulty of breathing.

The tonsils are covered with whitish elevations, which break and assume an ulcerated appearance, and frequently leave the tonsils enlarged.

Treatment.—Apply around the neck a bandage wet in cold water, well covered with a piece of flannel to prevent evaporation. Every two hours the bandage should be removed, dipped in cold water and reapplied. In the beginning of an attack, emerse the feet in warm water for five minutes and thoroughly dry.

Aconite 3x and belladonna 3x, alternately, three pellets every hour when the following symptoms are present: Fever, with dryness in mouth and thirst, with deep redness of the tonsils and palate, eyes congested, pain in the ear.

Mercurius 3x, every hour two pellets when there is enlargement and ulceration of tonsils, pricking pains

when swallowing, extending to the ears; profuse discharge of saliva, much perspiration which does not relieve, worse at night.

Kali bichromicum 1x, two grains dissolved in fifteen teaspoonfuls of water and one teaspoonful should be given, alternating with mercurius, when the tonsils are not only ulcerated but show a disposition to form patches of membrane over them.

Diet.—This should be light and in liquid form. Where the patient is old enough the swallowing of small bits of ice will be grateful to them and useful in allaying local inflammation. When there is constipation an enema of lukewarm water should be given.

Whooping Cough.—Almost all children are destined to become a prey to this disease. It attacks but once in a lifetime—with rare exceptions. It is divided into three stages.

First stage.—Has all the symptoms of a common cold, sneezing, watering of the eyes and nose, with an ordinary cough. This stage may last from twelve to fifteen days. The child seems better, but the cough remains.

Second stage.—At this juncture the well-known whoop appears. From that time there is no longer any doubt. The child becomes acquainted with the sensation in the throat that denotes the approach of the coughing fits and instinctively runs to his nurse, grasps her arms, her dress, or a chair, or anything near that will give him support. The whoop is caused by an attempt to get air in the lungs. The child

looks as if he were suffocated, turns black in the face, sometimes vomits, in very violent cases blood bursts from the mouth, nostrils and ears. When the fit of coughing has subsided the eyes, which seem to have started from their sockets during the paroxysm, become natural and suffused with tears. The child forgets his trouble and becomes playful. This stage reaches its heighth in two or three weeks.

Third stage.—Convalescence now begins. The paroxysms become less violent and further apart. This stage may last weeks and even months. Complications may arise which render this cough dangerous to life. It may result in bronchitis or inflammation of the stomach and bowels.

It is an *infectious* disease and is apt to occur in the form of an epidemic. It develops in course of ten or twelve days after exposure to it. It may occur in a babe of few months. The younger the more dangerous the disease.

Treatment.—Aconite 3x should be given during the first stage for the feverish condition and dry cough.

Tartar emetic.—If the cough is loose with rattling in the chest.

Ipecac.—If the cough is paroxysmal, with vomiting, and raising of mucus.

Phosphorus.—If the lungs are invaded. If there is debility, oppression of breathing, thirst and diarrhœa.

Drosera.—Where the paroxysms are violent after the whoop has appeared and the child vomits the injesta.

Cuprum.—If the paroxysm appear very often during

twenty-four hours. If the patient is rigid and unconscious, accompanied by drowsiness. It is especially indicated when convulsions appear instead of the cough. *Tartar emetic* should be given in alternation with it.

For those living near a gas house, if the child is taken there, during the hour when they remove the lime from the tank, and allowed to breathe that gas it will obtain great relief.

Children with whooping cough, unaccompanied by complications, should be sent out every day to get fresh air and exercise.

CROUP, SPASMODIC.—This is one of the infant's worst enemies. It is not contagious, yet not to be trifled with, and in all cases a skillful physician should be summoned. It is most common in damp, windy weather.

This form usually makes its appearance suddenly. The little one awakens with a choking cough, difficulty of breathing, noisy and wheezing inspiration.

CROUP, CATARRHAL.—Also begins suddenly. This, however, is preceeded by catarrhal symptoms, such as sneezing, running at the nose and eyes.

Both of the above forms may, if neglected, result in membraneous croup.

Treatment.—The room should be kept at an even temperature of about 75°. A handkerchief wet in cold water should be placed around the neck, over this place a flannel to prevent evaporation. Renew this every hour. A warm foot-bath will be of benefit.

A warm flaxseed poultice may be placed around the neck when there is an objection to the cold compress.

Hepar sulph. 3x, alternated with ipecac, one drop of the tincture in a teaspoonful of water, every fifteen minutes, will almost always change the hard, dry, grating sound of the cough into a moist, loose, easy cough. Wake the child and give the dose at regular intervals. As soon as the symptoms have subsided let the child sleep.

Aconite 3x should be given when there is any fever, one pellet every half hour till fever subsides.

Spongia 3x should be alternated with aconite 3x when there is catarrhal cough.

When an emetic is necessary give the child a teaspoonful of melted lard.

Tartar emetic 1x, two pellets every twenty minutes until relieved. Where the respiration is difficult, cold sweat on the forehead and body, head thrown back, pulse small and rapid, with difficulty of swallowing and disposition to sleep.

One-half teaspoonful of pulverized alum mixed with one teaspoonful of sugar, and a small quantity given every few minutes, is said to act speedily.

Croup, Membraneous.—Who is not alarmed when the bugle note of this dread disease is sounded? It is one of the terrors of the nursery and is usually the sequel in a day or two of what seems an ordinary cold, as chilliness, sneezing, some soreness of the throat, hot skin, slightly accelerated pulse, hoarse voice and some little impediment to respiration. At this period

if you place the ear upon the back of the neck, or over the larynx, a whistling or buzzing sound will be heard. As the disease advances the febrile symptoms increase, the *respiration* is more labored and difficult. The *inspiration*, especially after coughing, will be slow, sawing, sonorous, or wringing, while the *expirations* are quick, the cough is dry and gives forth a metallic sound, the voice becomes shrill, the pulse frequent and small, the expression of countenance swollen and anxious, the head usually thrown back. The extremities cold while the rest of the body remains at a high temperature. There is often profuse perspiration, the cheeks and lips become livid, the eyes red and sunken, the whole organism prostrated, and the child expires in a state of asphyxia or suffocation. The duration of the disease is usually from two to fourteen days.

Treatment.—As soon as suspected call a physician.

Bromine 1x is perhaps the most important remedy. It is given when the membrane is formed, the child breathes with difficulty, a sybilant noise is heard at every inspiration.

Its head is thrown back, looks anxious and grasps with its little hands at the throat to relieve the oppression, the child gasps for air. *Dose*, five drops in fifteen teaspoonfuls of water, one teaspoonful every thirty minutes.

Aconite should be used alternately when there is fever.

Bichromate of potash should be given when the child vomits pieces of membrane, and when the bromine has not relieved in twelve hours.

Dose, one grain of the first trituration dissolved in ten teaspoonfuls of water, one teaspoonful every half hour until relieved.

DIPHTHERIA.—This is a disease of so complicated a nature and so dangerous to life, that were it not possible that it suddenly invades some home where the services of a physician could not immediately be procured, it would be better herein to give no treatment.

It is an infectious disease, rapid in its progress, attended with great prostration. The characteristic of diphtheria is a false membrane that covers the tonsils and soft palate. It forms quickly in patches which rapidly spread and coalesce, thus covering in a short time the entire throat. The patient then has difficulty in breathing and is almost totally devoid of the power of swallowing. Solids cannot be taken and liquids are apt to be returned through the nose. At first the membrane is opaque and thick and of a leather color. At this stage it begins to detach and large pieces are thrown off leaving underneath an inflamed surface which soon becomes re-covered by a second membrane. This one adheres more firmly and any attempt to remove it causes bleeding. The pulse in children ranges from 140 to 160 per minute. The fetid breath is a constant symptom of an alarming case. The sudden prostration, characteristic membrane and the the peculiar odor of the breath will distinguish diphtheria from common sore throat, scarlet fever, quinsy or tonsilitis.

Treatment.—Kali bichromicum 1x, two grains dis-

solved in sixteen teaspoonfuls of water, one teaspoonful every hour. This should be given in alternation with

Mercurius protiodide 1x, one grain should be given dry upon the tongue. These remedies should be continued in alternation for at least twelve hours.

Cyanide of mercury 6x, six pellets every hour is very efficient when the disease has assumed a malignant form.

A favorite prescription with Dr. H. Selden, of Sweden, is cyanide of mercury, one-third grain; honey, two ounces. Mix well and give a teaspoonful every thirty or sixty minutes, according to age of patient.

Phytolacca tincture, thirty drops to a glass half full of water, can be used with great benefit as a gargle where the patient is old enough.

Great claim is made for the following preparation, as a destroyer of the membrane, which is manufactured by Fairchild Bros. & Foster.

Tuypsin	grs. xxx.
Bicarbonate of soda	grs. x.

Mix and add water sufficiently to make a thin paste. Apply this with a camel'shair brush to the membrane.

If the child will not permit this operation make it much thinner and apply by a spray.

Diet should be such as to sustain the vital forces. Rich broths, wine whey, milk punch, brandy and water, and claret. In adults the swallowing of ice is beneficial. Everything which can restore strength to the patient should be done. Nourishing food, good air, etc., are of the utmost importance.

This being an infectious disease, every precaution should be taken to prevent contagion.

Each case should be isolated. Burn all discharges and anything else used to wipe the patient's lips; all clothing, bedding, etc., should be carefully *disinfected.*

Influenza.—Common cold in the head is as common in children as in adults.

Symptoms—Stoppage of the nose, running of acrid water or mucus from the nose, the eyes are inflamed and painful, the chest is oppressed and cough is present. The cold is often ushered in by fever, pain in the head, chest, body or limbs.

Treatment.—Arsenicum 30x, where there is an acrid, watery mucus running from the nose and eyes, and there is severe frontal headache.

Camphor, five drops of the tincture to a half glass of water, one teaspoonful every hour till relieved. This should be given where arsenicum does not relieve.

Mercurius will be found useful when the discharge from the nose is a thick, yellowish mucus; the eyes are red, cough loose, and diarrhœa is present.

Bryonia and *Aconite*, alternately, when the patient is feverish. Has fits of coughing and pains about the chest.

Belladonna and *Aconite*, alternately, when there is fever, headache, fullness of the head, throbbing arteries, congestion of the eyes and dry cough.

Tartar emetic and *Phosphorus*, alternately, if the cold is on the chest causing great oppression; prostration, with a loose cough.

CHAPTER XIV.

FEVERS.

A very slight disorder may induce fever in an infant. As soon as it is suspected we should try and ascertain its cause, whether it be from indigestion, teething, cold, worms, etc., or is it one of the fevers to which childhood is so susceptible.

Scarlet Fever.—This is so named from the characteristic scarlet eruption, and is, in the beginning, ofttimes taken for measles. It is more apt to be malignant than any of the eruptive fevers.

One member of the family may have it in a very mild form while the remainder, if exposed, may have it in its severest type.

It is both contagious and infectious. As soon as the case is discovered the patient should be isolated, and all whose services are not needed in the care of the patient should be refused admittance to the room, which should be large and well ventilated, the temperature of which should be, during the eruptive period, about 68°. When the pealing off or desquamation period sets in, the temperature should be raised to 75°. The greatest care should be exercised to prevent taking cold.

Symptoms.—The interval from the exposure and the manifestation of the disease varies from three to twelve days. The onset is usually sudden although

it may be preceeded by slight indisposition. The throat is sore and red, pain in swallowing, fever runs very high, nausea and vomiting are often present, the face is ofttimes red and swollen, the eyes red and congested. The tongue is described as a strawberry tongue, being very red with raised papillæ. The eruption appears on the neck and chest first, then spreads all over; the eruption is usually so minute and crowded as to give the skin a uniformly red appearance—a flush, as it were, all over. In marked cases the rash, at its height, has a vivid scarlet hue, unlike that seen in any other disease.

The rash usually remains out from four to six days after which the rash begins to fade, following this the surface of the skin is thrown off in bran-like scales; however, large pieces of the skin may come off. We have seen pieces covering the greater part of the hand, fingers and soles of the feet peel off. This peeling off process continues from one to two weeks. During the second and third week of the disease, when convalescence seems to be progressing finely, the most serious complications may arise.

Treatment.— Sponge the child three times in every twenty-four hours with water to which has been added a little vinegar, dry each part of the body as quickly as it has been sponged and cover immediatety, when the whole body is dry place vaseline or olive oil in the palm of the hand and pass it gently over the surface of the entire skin, this will afford great relief. Give a teaspoonful of water frequently to moisten its parched and feverish tongue. Until the scaling process has

been completed the child should not leave the bed, and it should be kept in the room for three weeks after. More careful attention is necessary during convalescence than during the fever period, not only for the child but for others. A brief visit to some other part of the house during this period, might leave behind it fever germs of the most virulent type.

Serious complications may follow this disease, deafness, dropsy, disease of the kidneys and diseased lungs.

Belladonna 3x, when the eruption is perfectly smooth bright red. Head hot, delerium, flushed face. Starts and jumps while asleep.

Bryonia 3x.—The eruption does not come out fuily or suddenly disappears, this in conjunction with a hot bath or pack will be sufficient.

Arsenicum 6x.—The eruption delays or grows suddenly pale, great prostration, intense thirst, putrid sore throat, foul diarrhœa.

Sulphur 30x.—Eruption growing purple, violent itching, mouth and throat dry. Stupor.

Rhus tox 3x.—Rash dark color, itches violently, drowsy but restless. Nosebleed at night.

Note.—The sickroom and its contents must be thoroughly fumigated, as well as all articles of clothing used by the patient.

Measles.—This disease although not so fatal as scarlet fever, is often followed by disorders that remain and disturb the health for years, and perhaps for life.

Symptoms.—Measles usually appear about ten days after exposure, although they may appear much earlier and often later.

They usually begin with a chill followed by fever, sometimes nausea and vomiting. There are shiverings, sneezing, running of the nose, redness and watering of the eyes. Later, a severe cough and bronchial catarrh. Nosebleed and convulsions may occur.

About the fourth day the rash appears, generally appears first upon the forehead near the roots of the hair, in the form of dull-red pimples, which increase in size and coalesce, thus spreading over the entire body. It requires about four days for the eruption to cover the entire body. The rash begins to fade in thirty-six hours from the part upon which it first appeared.

The eruption may be suppressed from taking cold or indiscretion in eating.

This is a serious complication and needs prompt treatment.

On the fourth day the fever subsides and the rash begins to fade.

Treatment.—Keep the patient in a darkened room and do not permit the use of the eyes.

Should the eruption be delayed in coming out, use the warm pack.

Aconite 3x.—High fever, oppression of the chest. Restless, skin hot and dry, great thirst. Pulse quick and full.

Bryonia 3x.—Eruption suppressed or delayed, congestion of the lungs with sharp sticking pains.

Pulsatilla 3x.—Thick yellow discharge from the nose, stomach deranged, longs for fresh air. Rattling of phlegm in the chest, diarrhœa with mucous discharges.

Diet and Regimen.—Nourishment should consist of barley, oatmeal, rice, farina, gruels, milk, and water, bread and butter and stewed fruits, except in cases where prostration indicates the need of broths and beef tea, or in the infant who is nursing the beverages may consist of water, sweetened or not, mucilaginous drinks, such as slippery elm, gum arabic, marsh-mallow water, etc.

In measles the room should be kept moderately warm. The beverages while they may be given cold in scarlet fever should have the chill off in measles. While in scarlet fever it is grateful and safe to sponge the body, it would be absolutely dangerous to do so in measles.

Caution should be taken that change of clothing be done with doors and windows closed and that fresh articles of clothing should have been exposed to a perfect drying-process before the fire immediately before putting them on. Do not use linen that has been a long time washed and placed in closets and drawers. No matter how thoroughly it may have been dried it must have absorbed from the atmosphere a moisture which is perilous to the patient.

Chicken-pox (Varicella.)—This is the most mild of the eruptive diseases. It is both infectious and contagious.

Symptoms.—After one or two days of malaise, accompanied by fever, chills, loss of appetite, nausea and vomiting, the characteristic eruption appears. This eruption has no predilection for localities. It may first appear on the chest, hands or limbs. The eruption which begins as minute pimples, spreads out into vesicles which appear like round blisters caused on the skin by drops of boiling water. In three or four days they dry up; while some dry others come out, which is directly opposite that of small-pox.

Treatment.—This disease seldom requires any medical treatment.

Aconite 6x where there is high fever.

Belladonna 12x where the child is restless and the head hot.

Coffea 3x at night will quiet the nervousness.

Intermittant Fever.—This often occurs in children of the most tender age. It is asserted that babies have been born with it, transmitted to them by mothers who had the fever during pregnancy.

Symptoms.—The child may not shake like the grown person but by careful observation it will be found that at a certain time of the day, the child becomes listless, is restless and will not nurse. Its feet and hands becomes cold, its face pale and bluish, in an hour or two it becomes very feverish.

In three or four hours a moisture is noticed over the entire body. The fever abates and gradually leaves. From the moment the fever leaves the child becomes playful, appears well and wants to nurse. In twenty-

four or forty-eight hours the above symptoms reappear and run the same course.

Sweet Quinine, one-half grain every three hours, will arrest this disease within three or four days.

As soon as the child misses the fever give the one-half grains only twice a day.

The following are frequently indicated: Natrum mur., sulphur, belladonna and gelsemium.

But this fever is accompanied by so many different symptoms that no one remedy or set of remedies will cover them. We have had most excellent results from the above treatment.

In malarial districts the *night air* should be avoided and we should sleep in upper stories.

HORLICK'S MALTED MILK FOR BOTH MOTHER AND CHILD.

For the child it is offered as a substitute for mother's milk in case the natural supply is deficient or while the child is being weaned. It is composed simply of pure, fresh, sterilized cow's milk, peptonized and combined with an extract of specially malted grain, the whole being then evaporated to powdered form in vacuo. Its use will be found much more satisfactory than cow's milk and infants thrive much better upon it because it contains in addition to the cow's milk, all the valuable nutritive properties of malted grain in a soluble and easily-digested form.

It does not form into hard curds in the stomach as with raw milk, is free from starch, sugar-cane or any other indigestible or harmful ingredients. Other points in its favor are its pleasant taste and convenience for use, as it is complete in itself and requires no addition of milk or cooking. It is especially valuable for infants that are naturally weak or for those suffering from cholera infantum or any digestive trouble.

For nursing mothers it is recommended as a table drink for addition to their diet in place of tea, coffee, cocoa, etc., as it not only makes a more healthful and nutritious drink, but both increases and enriches the lacteal flow.

Endorsed by eminent physicians everywhere for both infants and adults. Send for a sample package and our Manual of Dietetics, free.

MALTED MILK CO., RACINE, WIS.

DIETETICS;

OR WHAT TO FEED THE SICK.

CHAPTER XV.

BEVERAGES.

To allay the thirst from which the sick suffer does not only aid nature in their recovery but adds greatly to the patient's comfort.

The fever-tossed patient, especially if they be delirious, often suffer for drink. Pure water, if taken too freely, is apt to disorder the stomach and bowels, but there are substances which added to water destroy any injurious effects it may have and increases its power to quench the thirst.

The following recipes will be found most meritorious:

ELM TEA.

Break into small bits, about two ounces of slippery-elm bark, pour over this one quart of boiling water; let it stand until cold, strain. Add a small piece of ice to each drink and sweeten if desired.

GUM-ARABIC WATER.

Juice of one lemon; one teaspoonful sugar; one pint hot water; two teaspoonfuls gum arabic. Put all into a pitcher; keep it on a hot stove till gum is dissolved. Serve when cold.

TOAST WATER.

Toast slowly a thin piece of bread till it is brown and hard, not black. Put it in a bowl of cold water and cover tightly. Let it stand an hour before using.

JELLY WATER.

One teaspoonful of any sour jelly added to one glass of water, is a most pleasant drink.

APPLE WATER.

One large juicy apple; three cups cold water. Pare and quarter the apple. Put on the fire in a closely-covered sauce-pan with the water; boil until the apple is fine. Strain as soon as taken from the fire. Sweeten to taste. Drink it ice cold.

TAMARIND WATER.

Tamarinds, one tablespoonful; ice water, one gobletful; sugar, one teaspoonful. Stir the tamarinds in the water until dissolved; strain and sweeten.

Beneficial in constipation.

LEMONADE.

Juice of half a lemon; one teaspoonful white sugar; one goblet water.

RASPBERRY SYRUP.

Dissolve two and one-half ounce of citric (or tartaric) acid in one quart of cold water. Put in this six pounds of the fruit; let it stand twenty-four hours then strain, being careful not to bruise the fruit. To each pint of the liquor add one and one-half pounds of loaf sugar. Leave it for a few days in a china or glass jar and

then bottle securely. A teaspoonful of this added to a glass of water makes a most delightful drink.

RASPBERRY VINEGAR.

Put one and one-half pints of the best wine vinegar to three pounds of raspberries in a glass or porcelain vessel; let this stand for two weeks then strain. Put in well-corked bottles. A tablespoonful to a glass of water is a most refreshing drink.

WINE WHEY.

Fresh milk, one pint; sour wine, one wineglassful; sugar, one teaspoonful. Put the milk into a shallow sauce-pan and bring it to the boiling point; pour in half of the wine; stir gently and let it simmer and skim off the curd which rises. After a few minutes, pour in the rest of the wine. Skim the remaining curd; sweeten and use cold.

SAGO MILK.

Three tablespoonfuls of sago soaked in a cup of cold water one hour. Add three cups of boiling milk; sweeten and flavor to taste; simmer slowly for half an hour. Eat warm.

Tapioca milk is make in the same way.

ICELAND-MOSS LEMONADE.

One handful of Iceland moss; two quarts of boiling water; two lemons. Wash the moss in two waters; peel and slice the lemons, throwing away the peel. Moisten the sliced lemons with four tablespoonfuls of sugar; mix this with the moss and pour over it the

boiling water, let it stand until cold. Sweeten to taste and take it ice cold; if too thick add cold water.

FLAXSEED LEMONADE.

Four tablespoonfuls flaxseed; one quart boiling water; juice of two lemons; sugar to sweeten. Put the flaxseed in a pitcher, pour over it the boiling water, cover it and let it steep for three hours. When cold add the lemon juice and sweeten to taste. Let the patient have it ice cold.

LEMON ICE.

Six lemons; one large sweet orange; one pint of water; one pint of sugar. Grate the peel of three lemons and remove the rind of the orange. Squeeze the juice from the orange and all the lemons and steep it in the rind of orange and lemons one hour; strain, mix in the sugar and then the water, stir until dissolved and freeze in a freezer.

EGG LEMONADE.

Beat up one egg to a froth, make one goblet of lemonade, using the juice of an entire lemon, sweeten to taste. Stir in the egg and add pounded ice.

BARLEY WATER.

One pint boiling water; two ounces of pearl barley; wash the barley and soak for one-half hour in a little lukewarm water and stir without draining into the boiling water; add a little salt, simmer one hour, stirring often. This is most excellent for infants suffering with diarrhœa.

The above, with the juice of one lemon added, is a most refreshing drink.

OATMEAL WATER.

Oatmeal, two tablespoonfuls; cold water, one pint; stir the meal into the water and let it stand one hour, strain and use.

EGG WATER.

Cold water, one gobletful; whites of two eggs; sugar to sweeten. Stir the eggs gently into the water, but do not beat them, add the sugar. This is a bland and nourishing drink which can be taken by the most delicate stomach when most everything else is rejected.

COFFEE AND EGG.

Make a cup of strong coffee, adding boiling milk and sweeten. Take an egg, beat yolk and white thoroughly together; boil the coffee, milk and sugar together and pour it over the beaten egg into the cup in which you are going to serve it. This is used in hospital practice and it is found that many having lost appetite will take this with a relish.

EGG NOG.

One egg; milk, one gobletful; sugar, two teaspoonfuls; wine, two tablespoonfuls; powdered sugar, one tablespoonful; powdered ice. Break the yolk of the egg and the sugar together and stir them into the milk, add the ice and wine, lastly beat the white of the egg to a froth and whip it in.

HOT LEMONADE.

Lemon juice, two tablespoonfuls; boiling water, one gobletful; sugar, one tablespoonful. Put all in a hot bowl and stir for a few minutes. Drink hot when desired to induce perspiration.

CORN TEA.

Parch common corn until brown through, grind and pour on boiling water, drink with or without cream. This is most excellent for nausea, vomiting and diarrhœa.

BUTTERMILK.

Should be fresh and sweet. There are many forms of dyspepsia in which it will remain on the stomach when all other food is rejected. In fevers it is very nourishing; in diabetes it can be employed as a cheap article of diet. It may be put in clean bottles and canned or sealed and thus kept for a long time. It should never be used after becoming bitter.

BUTTERMILK POP.

Put one quart of buttermilk in the milk boiler, when nearly boiling add two tablespoonfuls of flour, or corn meal, which has been rubbed smooth with one tablespoonful of milk, stir until boiling and *serve hot.*

HOT MILK.

This is a valuable food in morning sickness of pregnancy and for nursing women, and is most excellent in low fevers and nervous dyspepia.

CHAPTER XVI.

BLANC MANGE AND CUSTARDS.

ICELAND MOSS.

One handful of Iceland moss; one quart of boiling water; juice of two lemons. Wash the moss in two or three waters, let it soak for one hour in a little cold water, now stir in the boiling water and simmer until dissolved. Put in the lemon juice, sweeten to taste and place into molds.

FRUIT BLANC MANGE.

One quart of the juice of strawberries, cherries, grapes, or other juicy fruit; one cup water. When boiling, add two tablespoonfuls of sugar, and four tablespoonfuls of corn starch wet in cold water, let it boil six minutes, then pour into cups or molds. Serve with cream or boiled custard.

FARINA BLANC MANGE.

Stir in a quart of boiling milk farina enough to make a thin pudding, then let it cool. Before entirely cold stir in the yolk of one egg and a little sugar, then add the whites of two eggs whipped to a stiff froth, and beat thoroughly. Serve cold with fruit or jelly.

ARROWROOT BLANC MANGE.

Milk, one teacupful; arrowroot, four teaspoonfuls; sugar, two teaspoonfuls. Make a smooth paste of the arrowroot with cold water. Stir this into the

milk while the latter is boiling. Add the sugar, flavor with vanilla, stir all the time and boil until it thickens. Turn out and when cold eat with cream.

TAPIOCA BLANC MANGE.

Tapioca, one cupful; boiling milk, three cupfuls; white sugar, three tablespoonfuls. Soak the tapioca four hours in two cups of cold water, and stir the whole into the boiling milk; sweeten and boil the whole for fifteen minutes, stir all the while. Take off, flavor to suit and pour into molds; eat cold with cream. Wash the tapioca before using.

GELATINE CHARLOTTE RUSSE.

One pint cream; one-half ounce gelatine dissolved in one cup hot milk; whites of two eggs; two tablespoofuls of white sugar. Whip the cream light, beat the eggs to a stiff froth; mix these and the sugar together, flavor with lemon or vanilla, and at last beat in the gelatine, which should be quite cold before it is added, pour into a dish and set on the ice.

SAGO BLANC MANGE.

One pint of milk; one-half pound of sago. Soak the sago in cold water for four hours; heat the milk and stir in the soaked sago; when it has dissolved, sweeten to taste; boil slowly for fifteen minutes stiring all the time. Take from the fire, flavor and beat until nearly cold; pour into moulds dipped in cold water, turn out and eat with sweetened cream.

BAKED CUSTARDS.

Two eggs; one pint of milk, and two tablespoonfuls

of sugar; scald the milk, beat the yolks up with sugar, and add this to the milk; when well mixed stir in the whites, previously well-beaten; flavor to taste; pour into cups and bake until brown.

CHAPTER XVII.

CREAMS AND JELLIES.

WHIPPED CREAM.

A deep bowl and an egg-beater are the best accessories.

Pure sweet cream, not too thick, is required; it will whip much easier if very cold, therefore, a pan of cracked ice under the bowl is recommended.

When the whipped cream is wanted very stiff, a tablespoonful of gelatine, dissolved in a very little milk, may be added to it. For some purposes it is best to sweeten before beginning to whip. This is best done by adding two tablespoonfuls of pulverized sugar to one pint of cream, a few drops of vanilla extract should be added; by vigorous whipping a stiff froth will be produced in a few moments.

COFFEE CREAM.

One cup of strong clear coffee; one-half box of gelatine soaked in a half cup of milk for one hour, placed in double boiler over the fire, add one cup of sugar. The cup of coffee and the well-beaten yolks of four

eggs strain and set away to cool; when almost cold, stir for a few minutes until smooth and almost stiff, then stir in quickly a pint of whipped cream, pour into moulds and set on the ice.

CHOCOLATE CREAM.

For this the mode is precisely the same as coffee cream. Substituting a cupful of rich, thick chocolate for the coffee. The amount of chocolate used may vary according to taste.

ORANGE CREAM.

The juice of four oranges, sweeten and mix with the yolks of four eggs. A tablespoonful of gelatine dissolved into a little warm water, add dissolved gelatine and when almost cold add one pint of whipped cream.

SPANISH CREAM.

One quart of milk; yolks of three eggs; one-half box gelatine; two tablespoonfuls of sugar.

Soak the gelatine for one hour in the milk; put it on the fire and stir well; beat the yolks well with the sugar; add them to the scalding milk and boil two minutes, stiring all the while; flavor with lemon or vanilla. When almost cold put into a mould wet with cold water.

TAPIOCA JELLY.

Cold water, three cupfuls; tapioca, one cupful; juice of one lemon.

Put the tapioca in a two-quart basin, and pour over it sufficient water to cover; let it soak for four hours. Now set the basin in a saucepan of boiling water;

pour more warm water over it if it is too thick; keep the water in the pan boiling. Cook until it becomes clear; if too thick at this time put in a very little boiling water; when quite clear put in the lemon juice and sweeten to taste, pour into moulds; eat cold with cream. This is a simple, easily-digested dish, and very appetizing to the sick.

CHICKEN JELLY.

One-half spring chicken; one quart cold water; break all the bones by pounding the chicken with a mallet, bones and meat together. Put this in a saucepan, pour on the cold water; cover the vessel and simmer slowly until the liquid is boiled down one-half; remove it, press through a cullender, then through a coarse cloth. You will now have a thick liquid which you can salt to taste (use no pepper), return it to the fire and let it simmer five minutes. Pour into a dish and skim when cool. It is best kept on ice. It can be eaten alone or with toast.

It is one of the most delicate meat dishes and is tempting to the sick.

LEMON JELLY.

Moisten two tablespoonfuls of corn starch, stir this into one pint of boiling water; add the juice of two lemons; grate in a little of the rind. Put into moulds.

APPLE JELLY.

Pare and cut four large apples into pieces, place in a preserving pan with sufficient cold water to cover them. Let them boil for an hour, then drain the

syrup from them through a hair sieve; measure the juice. To every teacup of juice add two teacups of white sugar, boil these together for three-quarters of an hour; remove the scum as it rises; keep stiring least it burn. Add lemon juice to taste.

WINE JELLY.

One box of gelatine, dissolved in a pint of cold water; one pint of wine; one quart of boiling water; one quart of granulated sugar and three lemons.

GELATINE JELLY.

Place one ounce of gelatine in half a pint of cold water, soak for ten minutes; add half a pint of boiling water and stir until the gelatine is dissolved.

Add the juice of two lemons, sugar, and the white of an egg well beaten, stir these in; boil for three minutes, strain through a jelly bag and let stand until set. Eat with or without cream.

CHAPTER XVIII.

BROTHS AND SOUPS.

MUTTON BROTH

Lean mutton, one and one-half pounds; cold water, one quart; salt to season.

Free the mutton entirely from the fat; cut it up fine, put it into a saucepan with the water and salt and stew it for two hours; thicken with a little flour; when cool remove all fat from the surface. Heat a small quantity and give to patient.

OYSTER BROTH.

Oysters, one pint; cold water, one-half pint; a little salt and pepper.

Cut the oysters into small pieces, put into a saucepan with water and salt and simmer ten minutes; skim, strain off the broth and add the pepper. A little milk may be added for those who perfer it. Serve hot with toast.

BEEF BROTH.

Lean beef, one pound; cold water, one pint; salt to season. Free the beef from fat and pound it; boil two minutes over a very hot fire; mince it fine; put it into a jar with the cold water and salt and let it soak several hours; tie a cloth over the mouth of the jar, set it in a kettle of cold water; bring this to a boil and let it boil slowly for ten hours.

CHICKEN BROTH.

Cut a tender chicken into small pieces; put these into a suitable dish, salt and pour on it a quart of cold water. Let it simmer for an hour and a half; strain through a sieve or coarse towel; season to taste. Thicken with a little sago or flour if desired.

The yolk of an egg beaten up and added to any broth greatly increase their nutritive value.

SOUPS.

MACARONI SOUP.

Into a quart of boiling water put a handful of broken macaroni, let it boil one hour, then add two cupfuls of strained, stewed tomatoes. Just before serving, add one cup of cream.

FARINA SOUP.

Add to any kind of soup stock one-half cup of farina; one-half cup of cream; one egg, well beaten; cook slowly for one-half hour.

TOMATO SOUP.

One pint of canned or fresh tomatoes; one quart of water; one pint of milk. Season to taste. Boil ten minutes, strain before serving.

VEAL SOUP.

One pound of veal; one quart cold water; salt and boil slowly for two hours. Add a tablespoonful of tapioca or sago.

PEA SOUP.

One cup of peas soaked over night; put on in one

pint of cold water; boil until peas are soft, put through the colander. Add to this a cup of sweet cream; as soon as it boils it is done.

BEEF SOUP.

One pound of raw beef; two quarts of cold water; boil for two hours; strain; season to taste, and add one tablespoonful of rice, sago or tapioca.

CHICKEN SOUP.

This is prepared the same as the beef by substituting the chicken.

CHAPTER XIX.

GRUELS.

FARINA GRUEL.

Farina, one tablespoonful; boiling water, one pint; salt, a pinch. Sprinkle the farina into the water as it boils, stirring briskly; season with salt and simmer half an hour. Just before removing from the fire add a tablespoonful of cream.

OATMEAL GRUEL.

Oatmeal, three ounces; water, four pints; boil slowly till reduced to two pints; add one cup of milk, strain through a sieve.

RICE GRUEL.

Rice, two tablespoonfuls; cold water, one cupful;

fresh milk, one and one-half pints; sugar and salt a little. Wash the rice and soak it in cold water one hour; put into the kettle with the milk and simmer till the rice is well done.

SAGO GRUEL.

Water, two cupfuls; sago, two tablespoonfuls; sugar, three teaspoonfuls; put the sago into the water, boil until well done; season with lemon or vanilla. Can be eaten warm or cold.

ARROWROOT GRUEL.

Arrowroot, three teaspoonfuls; boiling water, one-half pint; mix the arrowroot into a soft paste with a little water; pour the boiling water upon this and mix thoroughly. Add one cup of milk; boil for five minutes; sweeten to taste.

CORNMEAL GRUEL.

This is made same as arrowroot, substituting the cornmeal.

BOUILLIE.

Made by roasting the best wheat flour in an oven; boil this for a considerable time in milk and water, equal quantities; add a little sugar. This is one of the first foods for infants used in France.

CHAPTER XX.

VEGETABLES.

ASPARAGUS.

Bind the asparagus in a bundle with a piece of tape keeping the buds all one way. Cut the stalks of equal length, be careful and cut off all that is tough. Put it into a porcelain-lined kettle with enough boiling water to cover; add a very little salt; boil until tender. Season with butter and pepper.

BAKED POTATOES.

Wash and thoroughly dry the potatoes; bake in a brisk oven until they yield to pressure under the fingers; remove at once from the oven, break the skin to let out the steam, and serve with butter, pepper and salt.

STEWED CELERY.

Cut the stalks into pieces, about five inches long, thoroughly wash them; lay them in a saucepan that contains just enough slightly-salted boiling water to cover. Boil slowly till tender; drain, and season with butter and pepper.

TOMATOES WITH CORN.

Cook the tomatoes half an hour, then add one-third as much green corn, cut from the ear. Stew slowly for half an hour.

SCALLOPED TOMATOES.

Place in a pudding dish alternate layers of bread crumbs and tomatoes, letting the topmost layer be tomatoes; add a little salt. Cover and bake slowly for an hour, then uncover and brown for ten minutes.

CHAPTER XXI.

BREAD.

RICE BREAD.

Make a sponge of warm water, one quart; yeast, one teacupful; white sugar, one tablespoonful; lard, two tablespoonfuls; white flour, one quart; beat well together, and in about five hours, when it has risen, add three pints of warm milk and three teacupfuls rice flour wet to a thin paste with cold milk and boil four minutes, as you would starch. This should be a little more than lukewarm when it is stirred into the batter. If not thick enough to make into a dough, add a little wheat flour. Knead thoroughly, and treat as you would wheat bread in the matter of two risings and baking. This is a delicate bread for invalids and keeps well.

UNFERMENTED BROWN BREAD.

Mix three pounds of brown flour with ten drachms of bicarbonate of soda; make this into a dough with twenty-five ounces of cold water, containing twelve

and a half fluid drachms of muriatic acid. Bake immediately, it is prepared.

BREAD PANADA.

Place in a saucepan some very thin slices of bread, a little more water than enough to cover it; boil until the bread becomes pulpy; strain off the water and beat up the bread. Season to taste, some prefer it sweeteened.

CRACKER PANADA.

Split ten small oyster crackers, spread each piece with butter and lay them in a bowl; sprinkle with sugar; pour on enongh hot water to cover, and grate a little nutmeg over them.

CORN BREAD.

One quart of cornmeal; one pint boiling water: one pint sweet milk; pour the boiling water on the cornmeal, add to this the sweet milk; stir to a smooth batter and bake for one-half hour.

BOSTON BROWN BREAD.

Graham flour, three cups; Indian meal, one cup; molasses, one cup; sweet milk, two cups; sour milk, one cup; soda, one teaspoonful. Steam three hours and bake two hours.

GRAHAM BREAD.

One quart of warm water; two quarts of graham flour; soak half cake of compressed yeast. Put this into a bread pan, which has been well greased, when light, bake one hour.

UNLEAVENED BREAD.

One quart of wheat flour mixed with enough ice-cold water to make a dough. Knead for five minutes; bake in a hot oven. Raisins may be added if desired.

OATMEAL GEMS.

One quart of oatmeal; mix with enough milk and water to make a thick batter; bake in a hot oven in gem pans.

BROWN GEMS.

Indian meal, one pint; water enough to make a batter the consistency of cream; beat for ten minutes. Bake in a quick oven.

WHEAT GEMS.

Add to a pint of wheat flour enough milk and water to make a batter that will drop from a spoon; add the whites of two eggs whipped to a stiff froth; add one tablespoonful of cream; beat thoroughly and bake in a quick oven.

CHAPTER XXII.

EGGS.

BOILED EGGS.

It is a mistaken idea that an egg should be placed into boiling water, for by so doing the white hardens and becomes tough and is indigestible and not fit for a well person to eat.

To boil an egg properly, put it into a vessel, cover with cold water, place it over the fire and the second the water begins to boil the egg is done. The white is as delicate as a jelly, and as easily digested and nutritious.

POACHED EGGS.

Have a pan containing salted water; put in this muffin rings; break the eggs and let them stand in these rings for ten minutes without boiling; remove the rings and the eggs will be nicely and evenly ccoked.

SCRAMBLED EGGS.

Beat six eggs and one cup of milk together. Cook in a buttered skillet, stirring occasionally.

STEAMED EGGS.

Break the eggs into cups and steam for ten minutes.

EGG OMELET.

Beat the whites of three eggs separately; beat the yolks with one tablespoonful of milk and one tablespoonful of flour; stir the whites in lightly. Cook in a hot buttered skillet; when the edges cook turn over lightly.

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